

Be Prepared! Really!

Local Scouts weather New Hampshire storm

By CHARITY B. LEGVOLD

NORTHWOOD, NH - Be Prepared. The annual week at summer camp at Wah-Tut-Ca provided the 48 Boy Scouts of Troop 56 in Wilmington with an experience beyond the many merit badges they boys earn each summer when severe weather struck the area on Thursday, July 24.

Scoutmaster Greg Monteforte said they had received warning of the potential for high winds and heavy rain, but that it actually looked like a black wall was headed toward the camp. The far end of the lake suffered the more severe damage and the tornado later confirmed by the National Weather service occurred only several miles

away. Monteforte said that no one felt panicked and as the weather picked up the older scouts were diligently helping younger scouts to get their tents secured - right up until Monteforte called them all in to take shelter in a lean-to, one of the Adirondack shelters on the grounds. A tree fell and came close to hitting two adults, but thankfully there were no injuries reported.

Soon thereafter the campers and adults moved into the mess hall for several hours, as it happened to be lunchtime. The staff and older campers distracted the others with the singing and games and activi-

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The boys of Troop 56 were all smiles for their official Camp Wa-Tut-Ca photo. The boys saw some of the worst weather in the more than 50 years of camping by Troop 56 at Wa-Tut-Ca

Teamwork pays off with arrests



BILODEAU

WILMINGTON - Although getting involved is something that many people are not prone to do, it paid off in two arrests that took place last week. Wednesday afternoon police were called to Woburn Street in the vicinity of the Harnden Tavern following the report of a possible housebreak in progress. Upon their arrival police were directed to a wooded and swampy area near the corner of Woburn Street and Salem Street where a Town DPW worker was detaining the suspect.

The investigation revealed that a resident of Woburn Street heard his neighbor's bur-

glar alarm sound and then observed an individual come out of the front of the house carrying a satchel bag and start to jog toward the traffic lights at Woburn and Salem Streets. As the neighbor yelled and started to chase the burglar, he was joined by his landscape contractor who was working in the yard. The commotion attracted the attention of DPW employee Scott Bruce



RICIGLIANO

who was working to repair damage done to the traffic island that had occurred the previous night.

When Bruce heard the yelling he also started to run after the suspect who ducked into the woods. Bruce ended up tackling

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Assault leads to arrest

Charge: armed assault with attempt to murder

By Charity B. Legvold

WILMINGTON - A verbal dispute between two local men took a horrible turn on Friday night that resulted in one man being hospitalized in a coma and the other under arrest for armed assault with intent to murder.

According to police, a verbal dispute early Friday evening led Robert M. White, 41, a Glen Road resident, to return to King Street Extension at approximately 9:35 that evening where he allegedly went to the home of Christian R. Mastronardi, 30, and started kicking in the door. Mastronardi called 911 and then grabbed a baseball bat and allegedly struck White on



the leg and threw him off the front steps. He then continued to throw him down another set of steps and into the driveway before calling police.

White appeared to be okay at this point and was reportedly smoking a cigarette at the end of the driveway when he decided to leave. Mastronardi went after White to hold him until police could arrive and in doing so, according to Lt. Christopher Neville, Mastronardi allegedly "caused his [White's] head to strike the asphalt pavement several times."

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Wilmington's men on Beacon Hill

by LARZ F. NEILSON

Many people have tried to leave their mark on Beacon Hill, but none have done so as permanently as Asa Sheldon.

Sheldon, twice a member of the Massachusetts House of Representatives, excavated the top of Pemberton Hill, adjoining Beacon Hill, in the early 1800s. Employing dozens of men with oxcarts, he hauled the soil from the hilltop to the banks of the Charles River, filling in a large area.

Older than the United States, the Massachusetts Legislature is officially known as the General Court of the Commonwealth of Massachusetts. Wilmington sent its first representative to the General Court in 1735, when the town was but five years old. George Washington was only three at the time.

The list of state representatives has either 24 or 25 men from Wilmington. In many years, there was no representative; the town would be represented by someone from another town in the district. The list has five men in the 18th Century, 16 in the 19th Century and four in the 20th Century.

The list shows a close-knit group of families. In four or five instances, there were sons who followed their fathers to the State House. Four members have had the surname Eames and others have had Eames blood.

The first representative from Wilmington was Daniel Perce (also spelled Pierce). He was also the moderator at some of Wilmington's early town meetings.

The following year, Samuel Dummer was chosen as representative. The brother of the former Governor William Dummer, Samuel was also the county sheriff. He had moved to Wilmington from Jamaica and built a home in the Land of Nod. The site of the house was northeast of the Harnden Tavern. Dummer died in 1737.

Then, for nearly 40 years, nobody from Wilmington was a representative. It is worth noting that this was the colonial legislature, and the governor was appointed by the King of England. Among the business before the legislature were decisions on defenses against Indian raids. Massachusetts at that time included all of what is now Maine.

By the time Wilmington had another representative, the Revolutionary War was imminent. In 1775, Wilmington's representative was Timothy Walker, captain of a local militia company. On April 19, 1775, he led one of the companies of Minutemen, fighting the British troops at Merriam's Corner in Concord. Walker served as representative in 1776, 1777, 1780

and 1784.

At the Massachusetts Constitutional Convention in 1780, the representative was Capt. John Harnden, leader of the other company of Minutemen from Wilmington. He served as representative in 1782, 1786, 1788 and 1790. His role in the drafting of the constitution is noteworthy, as he was one of the representatives who held out in favor of a Bill of Rights in the document. When the United States Constitution was drafted nine years later, it included the Bill of Rights as the first ten amendments.



ASA SHELDON

Harnden was followed by another Minuteman, William Blanchard, later known as Col. Blanchard. Also known as Squire Blanchard, he served in the state legislature in 1792 and 1793. He was born in Billerica and lived on what is now known as Federal Hill in Wilmington, at the corner of Middlesex Avenue and Federal Street. He was a sergeant in Capt. Cadwallader Ford's company of Minutemen on Concord Day, April 18, 1775. When John Harnden became captain on April 24, Blanchard was promoted to lieutenant. In 1782, he was a captain, and he eventually retired from the Fourth Middlesex Regiment of Militia as a colonel.

There was no Wilmington man in the legislature for a decade. The next man listed was Timothy Walker, who served in 1804, 1805 and 1806. Whether this was Maj. Timothy Walker or his son is not known, but the title Maj. was not listed



JIM MICELI

in the State House records.

In 1807, the representative was Samuel Jaques, who was a private in Capt. Timothy Walker's company of Minutemen in 1775. He was known as Samuel, Jr., and later as Samuel Jaques, Esq. He married Ruth Wyman in 1773; she died in 1808. He remarried Mrs. Esther Harnden Buck, a daughter of Joseph Harnden, who died in the Revolutionary War on Christmas Eve, 1775. Samuel Jaques became a proprietor of the Middlesex Canal when it was built in the 1790s. The Jaques home was on Main Street where the telephone building now stands.

He was followed by James Jaquith, who also served as a sergeant under Capt. Walker in the Minutemen. He served as state representative in 1809 and 1810. When he died in 1831, he was listed as Capt. James Jaquith.

Samuel Eames was the state representative in 1811 and 1812. He, too, had served in Capt. Walker's Minuteman company. Known as Squire Eames, he lived in North Wilmington. The Squire Eames house was on the site now occupied by the Reading Cooperative Bank.

James Jaques, who served in 1824, and again in 1834, was the first Wilmington representative since the Revolution who did not serve in the Minutemen in

1775. Born in 1800, he was the son of Samuel Jaques, Esq., the 1807 representative. James was Wilmington's first postmaster, appointed on March 27, 1834. He married a Blanchard from Billerica, a relative of the Blanchards of Wilmington. She died in 1841.

The representative in 1833 was



ED NELSON EAMES

Benjamin Foster. No information about him is readily available, or for David Richardson, the representative in 1836.

In 1837, the representative was Silas Brown. Dr. Silas Brown, a physician, bought the Harnden Tavern in 1818.

In 1841, and again in 1857, Asa G. Sheldon was the representative. His autobiographical book,

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Coming to a neighborhood near you

Walking trails to crisscross town

By CHARITY B. LEGVOLD

WILMINGTON - Is Wilmington really walkable? Yes! The Healthy Wilmington Coalition and the Wilmington Walks campaign want residents to know that Wilmington is home to a variety of walking trails that offer free and plentiful places that are open to the public for residents to step out and get some exercise.

The Healthy Wilmington Coalition received a planning grant in 2006 from Lahey Clinic and Community Health Network Alliance that enabled them to hire a consultant, brainstorm, discuss, and even create focus groups to determine their best first course of action.

The result was a healthy walk (Wilmington Walks Campaign) and trail-cleanup effort in which they hope for substantial community involvement. Under the guidance of

Facilitator Tammy Dowlé-Blackman and Coalition Chair Dr. Jane Williams-Vale, the group examined several trails in Wilmington and spent three Sundays in May and June cleaning the Rotary Park Trail and Town Hall Park Trails in anticipation of a Labor Day weekend kick-off event.

Directions and descriptions for several trails may be found on the website www.healthywilmingtoncoalition.org. These trails include:

The Town Park Trail is located at 760 Main Street, right off of Route 38 in South Wilmington. According to the website, "Once Wilmington's 92 acre Poor Farm, the Town Park, officially designated 'Veterans' Memorial Park' at the bicentennial in 1930, now affords a wonderful variety of active and passive recreational opportunities, water supply pro-

CONTINUED PAGE 14

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Martineillo honored at Brandeis University

WALTHAM Taryn Martiniello, daughter of Wendy and Anthony Martiniello of Wilmington, was named to the dean's list at Brandeis University for academic achievement during the spring 2008 semester.

Dean's list honors are awarded to students who have earned a grade point average of 3.5 or above.

Christina Tocci named to Dean's List at Framingham State College

Christina Tocci was named to both Dean's List and the President's List for the spring 2008 semester. To be selected for the Dean's List, a student must earn a quality point average of 3.25 or higher.

To be selected for the

President's List, a student must have been named to the Dean's List for three consecutive semesters.

Christina is in the Class of 2009 at Framingham State College majoring in Psychology and minoring in Business.

Amalia Aruda named to dean's list at Georgetown University

WASHINGTON, D.C. - Amalia Aruda of Wilmington was named to the Spring Semester 2008 Dean's List.

Aruda received First Honors, with a GPA of 3.9 or above on a 4.0 scale.

"Reaching the Dean's List at Georgetown is a distinct accomplishment, and I congratulate these students for this honor" said Georgetown University President John J. DeGioia.

Aruda is one of 3,113 students to be named to the Dean's List this semester, and one of 599 to achieve the highest honors.

Georgetown University is the

oldest and largest Catholic and Jesuit university in America, founded in 1789 by Archbishop John Carroll.

Georgetown today is a major student-centered, international, research university with one of the most selective student bodies in the United States. It offers respected undergraduate, graduate and professional programs on its campuses in Washington, DC and Doha, Qatar. For more information about Georgetown University visit www.georgetown.edu <<http://www.georgetown.edu>>



Team One Way - Bryan Fleury and Dyaln Robichaud were sporting the Jamaican Bobsled Team look for Murph's Fun Run this past weekend in Tewksbury helping to raise over \$7000 for the Jerry Murphy scholarship fund.

Photo by joebrownphotos.com

Stroke and Osteoporosis screening coming to Wilmington August 8th

WILMINGTON - Residents living in and around the Wilmington, Mass. community can be screened to reduce their risk of having a stroke. The complete screening package now includes a new Heart Rhythm screening which checks for irregular heartbeat, a major risk factor for stroke. Life Line Screening will be at the Wilmington United Methodist Church on August 8th. The site is located at 87 Church St in Wilmington. Appointments will begin at 9:00 a.m. For more information regarding the screenings or to schedule an appointment, call 1-800-697-9721 or visit our website at

www.lifelinescreening.com <<http://www.lifelinescreening.com>> . Pre-registration is required. A stroke, also known as a "brain attack," is ranked as the third leading killer in the world. Screenings are fast, painless and affordable. They help identify potential health problems such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms, and hardening of the arteries in the legs, which is a strong predictor of heart disease. A bone density screening to assess osteoporosis risk is also offered and is appropriate for both men and women. Register for a Wellness

Package with Heart Rhythm for \$149. All five screenings take 60-90 minutes to complete. Life Line Screening was established in 1993, and has since become the nation's leading provider of preventive screenings. Please click on this link to download illustrations and photos: <http://www.lifelinescreening.com/Press/multimedia/Pages/index.aspx> <<http://www.lifelinescreening.com/Press/multimedia/Pages/index.aspx>> . You may also visit the online press room located on our website: www.lifelinescreening.com

Registration now open for Boston Arthritis Walk

Honorary Walk Chair Bob Lobel

BOSTON - Former Boston sportscaster Bob Lobel has been named the Honorary Chair of the Arthritis Foundation's 12th Annual Boston Arthritis Walk scheduled for Sunday, September 21 at the Prudential Center in Boston. "Please join me in supporting the 12th Annual Boston Arthritis Walk to raise funds to prevent, control and cure arthritis. Your participation will help the Arthritis Foundation improve the quality of life for the 46 million adults and nearly 300,000 children who live with this painful and debilitating disease. I live with arthritis every day and know firsthand how it can impact the quality of life. Take a walk with me on Sunday, September 21 and together we'll make a difference in the fight against arthritis."

In Massachusetts alone, there are more than 1.5 million adults and 5,900 children living with the debilitating effects of arthritis. The funds raised from the Arthritis Walk support critical arthritis research at Boston area hospitals and community health programs to improve the quality of life. Participants in The Arthritis Walk can choose from a one-mile or three-mile route from the Prudential Center to the Charles River Esplanade. All are encouraged to form an Arthritis Walk team by recruiting friends, family members, neighbors, co-workers or classmates. Walking is a great exercise for everyone, especially people with arthritis. Events

like the Arthritis Walk are perfect starting points for people who are committed to taking steps to improve their health and limit the impact of arthritis. In fact, walking for just 30 minutes per day can ease joint pain, improve joint mobility and reduce fatigue. The Arthritis Foundation is making it easy for people to jumpstart their walking program with the 12th Annual Boston Arthritis Walk.

To sign up for the Boston Arthritis Walk call Nesse McCabe at the Arthritis Foundation at 1-800-766-9449 x121 or via email at lmc-cabe@arthritis.org or sign up on the walk website at www.bostonarthritiswalk.kintera.org

Autumn Escape Bike Trek informational meeting

American Lung Association's scenic Cape Cod bike trek

SPRINGFIELD - Stop by the American Lung Association of New England's Springfield office on Thursday, August 7, 2008, to learn more about the 24th Annual Autumn Escape Bike Trek. From 5 - 6:30 p.m., come to the American Lung Association office at 393 Maple Street, Springfield, MA 01105 and discover what the scenic 160-mile bike trek through Cape Cod can offer! Cyclists who come will receive a bonus prize that goes toward their fundraising totals for the trek, and everyone will enjoy refreshments. Call 1-800-LUNG-USA or log on to www.lungne.org to contact the American Lung Association of New England or to learn more.

The Autumn Escape Bike Trek is an at your own pace family-friendly trek from his-

toric Plymouth on Friday, September 12, 2008 all the way to Provincetown on Sunday, September 14, 2008. This year, there's even a two-day cycling option for the weekend cyclist. Log on to www.lungne.org today to register for this great bike trek.

Join the American Lung Association on Thursday, August 7, 2008 in Springfield to learn about the Autumn Escape Bike Trek and the American Lung Association of New England. All proceeds for the trek are returned to your community through lung health programs, education, and advocacy. The American Lung Association of New England has been your local lung health charity for over a hundred years. Entering their second century of dedication to lung

health, the American Lung Association is focused on providing healthy air and healthy lungs for everyone. Log on today to www.lungne.org or call 1-800-LUNG-USA to find out more about the American Lung Association of New England, the Autumn Escape Bike Trek or to register to ride.

The American Lung Association of New England is part of the American Lung Association, the oldest voluntary health organization in the U.S. Established in 1904 to combat tuberculosis, our mission today is to prevent lung disease and promote lung health. The focus is on air quality, asthma, tobacco control, and all lung disease. ALANE serves CT, MA, ME, NH, RI and VT.

It's Your Money by Joyce Brisbois



TWO FAMILIES, ONE ESTATE PLAN

Second marriages are not so unusual these days. But where it gets interesting is when the marriage partners bring families with them—children from previous marriages, perhaps residences, too. Even if all goes smoothly, if the two families are blended successfully, financial issues exist, especially when one of the spouses dies.

It's smart to start with a prenuptial agreement to outline what belongs to whom in case of death or divorce. Even a postnuptial agreement can spell out your plans. It's wise for each spouse to have a separate attorney.

Second-time-around spouses often keep the property they bring into the marriage in their own names or in a trust for their own children. Assets acquired during the match often go to the surviving spouse, directly or in a trust, to be divided among all the children at the death of the surviving spouse.

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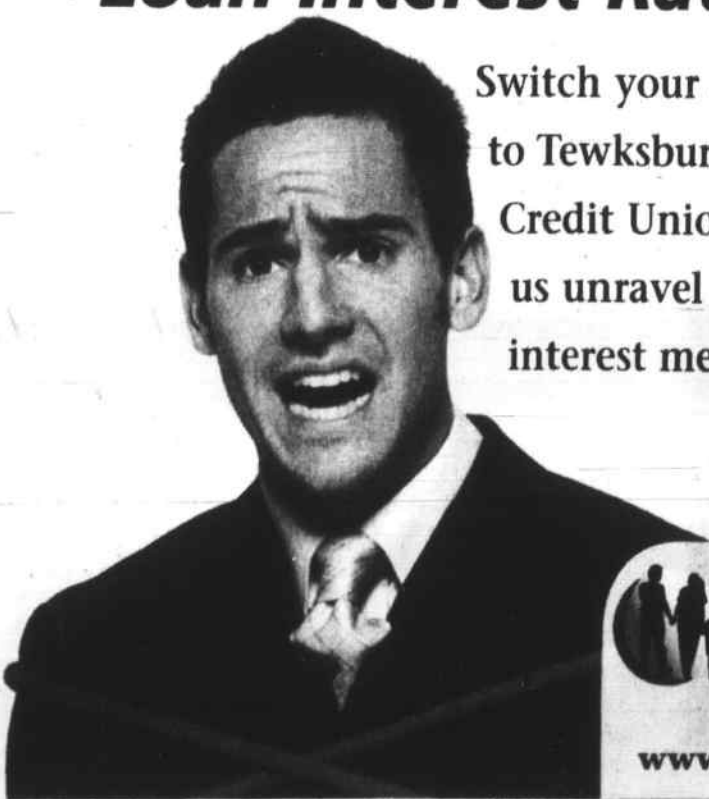


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Spinners fans display outpouring of support for Iowa flood relief

Over \$1,150 raised over six games

LOWELL - The Lowell Spinners, Class-A affiliate of the World Series Champion Boston Red Sox, are happy to announce that Spinners fans have opened their hearts and wallets over the most recent six-game stretch, raising over \$1,150 for the Iowa Flood Relief fund.

The funds were raised as part of the Minor League Baseball initiative to provide relief to the four Minor League cities in Iowa affected by the recent floods; Burlington, Cedar Rapids, Davenport (Quad Cities) and Des Moines.

Lowell Spinners Vice President and General Manager Tim Bawmann had previously served as the general manager of the Quad Cities River Bandits who were affected by the flooding.

"The Quad Cities community is such a tight knit group,"

said Bawmann. "Once you are experience it, you are always a part of it. I was thrilled with the outpouring of support for the Spinners fans to help the community recover."

The flooding of most of the rivers in eastern Iowa beginning around June 8 and continued through July 1, causing millions of dollars in destruction in both Iowa City and Cedar Rapids. Affected teams include the River Bandits, Burlington Royals, Cedar Rapids Kernels and Iowa Cubs.

"Minor League Baseball is one big family," added Bawmann. "The Spinners fans outpouring of support is further proof that the Spinners have the best fans in baseball."

For more information please contact Jon Boswell at 978-805-5117 or via email at jboswell@lowellspinners.com.



Canine Corner

by Steve Bonaccorsi

Will work for food

Dakota lives with me, in my house. He's fed regularly. Normally he eats twice a day though not necessarily at the same times each day. Dakota however doesn't know that he's not living with a pack in the wild. He doesn't have the same appreciation of the finer things in life that I do. He's as happy lying in a mud puddle as he is lying on the tile under the air conditioning vent, dogs, living in the wild, have to work in order to eat. They scavenge and hunt and if they don't find food on a particular day, they don't eat.

Dakota eats out of a bowl for our convenience. His natural instincts are to search and work in order to eat. Even very young pups have to work, pushing, scrambling and climbing on mom to get to the source of nourishment.

Dogs were part of early man's hunting parties. They would find and corner prey for the hunters. Numerous breeds were developed initially to either hunt or assist in hunting. Their natural hunting abilities were further honed through selective breeding. Terriers, retrievers, pointers and spaniels to name a few were all initially bred to either hunt or help with hunting. For most of their existence if the dogs came up empty pawed, they didn't eat.

I don't want to make Dakota

go out and catch or find his own food. Rummaging through the neighbors' trash and hunting their cats or children would likely upset my neighbors. But it's not a bad idea to have Dakota work for his food. There are benefits to having a dog "earn" his meal. It can be a great way to slow down a voracious eater. It can also be used as a way to give Dakota something fun and entertaining to do. There are a number of ways to do this. Some of the strategies we use follow.

Buster Cube: This practically indestructible hard plastic cube is a great way for Rover to work for his food. Some of our clients even use them to give their dogs all their food. The Cube has a hole in the center where you would drop in the kibble. It also has an internal maze. Once you put the food inside, you give it a few turns to distribute the food into the maze. Rover then has to manipulate the cube to dispense the food.

Dakota loves his cube and will spend a lot of time working it to get his treats. He paws it around the room often sending it flying with his efforts to get the food. The down side of it is that it's really loud on tile or wood floors. This puzzle forces Dakota to figure out how to extract the food. It has settings to make it even harder so once he knows how to work it you

make it even more challenging.

Leo Canine Genius: This is a softer yet rugged rubber toy shaped like a vase. You put the kibble in through the "neck" and Rover has to manipulate it by rolling, bouncing, tossing, and or dropping it to get the food out. The food gets harder and harder to get out as he empties it. You can even connect multiple toys together to make it even more of a challenge.

This morning I put all of Dakota's breakfast, one cup of kibble, in it. Instead of taking less than five minutes to eat from his bowl he was still working on it more than twenty minutes later.

Kong: This favorite toy can also be used to make Rover work for food. Put his kibble in it and "seal" the ends with either a little Kong paste or peanut butter. Then freeze it. He'll have to lick through the seal to get to the food. While easier than the Buster Cube or Canine Genius, it will still slow him down and make him work a little bit. This one could also be used with wet food.

Because of their effectiveness in exercising Rover's brain, these "toys" are carried by most Bark Busters. Contact your local office for pricing.

Scatter Feeding: All you need is a yard or a room where you don't mind dog food on the

floor. Take Rover's food and while he's watching, scatter it around. If you do it outside he'll spend time using his nose to search for it, inside he's more likely to just look for it. Either way it will slow down the eating process which can be really helpful with dogs that wolf their food.

All of these methods will make Rover work for his food. They encourage him to use his brain, figure things out and slow down his eating. The more we make Rover work and use his brain to figure things out the calmer he'll be.

You can use these ideas as part of a "nothing in life is free" strategy. Make your Rover work by doing sits before getting petted, going out and when you put his leash on. Dogs actually expect to have to work. The more "jobs" we give dogs to do, the happier they are.

Dogs like using their brains and we want thinking dogs. If Rover never gets mentally challenged he's liable to have excess energy. When we make dogs think and work, it tires them out. A tired dog is a good dog. I didn't just make that up. Really, it's true. Help your Rover to use his brain and work for food and affection. A working dog is a happy dog. You all know the rest of it...

Happy dogs = Happy families

Finish your summer on a good note

End your summer singing with the Colonial Spirit Show Chorus of Sweet Adelines! All women who enjoy singing are invited to attend our open rehearsals (Thursdays 7:15pm - Church of the Good Shepherd - Newtown Rd - Acton.) Discover the fun and harmony of four part a cappella music - barbershop style. Vocal instruction and learning cd's are provided.

No experience is necessary. We are preparing for our annual cabaret show on November 1 - perhaps that could be your big debut! Come see what we have to offer. Call Norma (978)692-2270 or Noreen (978)263-0562 and check out our website at www.colonialspirit.org. Funded in part by Acton-Boxboro Council for the Arts and Quantech Corporation.

A summer experience for children who love to sing

Do you have a child who loves to sing? The Young Opera Company of New England and the Young Classical Singers is offering a unique summer experience that's both fun and helps develop your child's voice - The Vocal and Opera Summer Academy held at the Stevens Estate in North Andover from August 7 through August 15th. This unique day camp experience offers vocal training, acting, choreography, instruction in stage make-up, music theory and group opera and choral chorus. Kids even

get to swim, too! On the last day of the Academy, participants will perform an original work by composer Mark Volker entitled The Legend of Sleepy Hollow and highlights from Gilbert and Sullivan's Pirates of Penzance.

Auditions for children ages 10 to 18 will be held on Friday, July 25th from 3:00 to 6:00 PM at the studio of Artistic Director Marie Stultz in North Reading. To sign up for an audition, call 978-664-4705 or email us at YOCNE@aol.com.

Hancox Kitchen features Dura Supreme Cabinetry

Sharon Despres of Hancox Kitchens has recently completed extensive three-day product training at Dura Supreme's headquarters in Howard Lake, MN. Dura Supreme is a leader in the cabinet industry with a reputation for quality and service, earned over the last 45 years in business.

She is committed to providing her customers with the very best in cabinet fashion,

quality and service. She has successfully designed beautiful kitchen and bathroom projects for her clients. Her continuing education will help her stay current with the latest trends and products in the cabinet industry.

Come see Sharon for fine cabinetry for all rooms in your home. Hancox Kitchens is located at 335 Main Street Unit 3, Wilmington, MA.



Quick Health Tips

by Dr. Leslee Quick

Sciatica

If you haven't suffered from the symptoms I'm sure you've heard someone who has complained of "sciatica" before. It is a term as misused as migraines are for a bad headache.

The term sciatica is often used in the broadest of scopes to include any form of pain that refers into the leg. But any traveling pain in the leg does not constitute true sciatica. And Sciatica is not actually a true condition, but rather a symptom caused by an underlying pathology.

For clarification, true sciatica pain typically presents in the low back and refers into the back of the leg and below the knee to the foot. The pain is typically a sharp, shooting sensation with possible numbness and tingling and can often be debilitating to the sufferer.

The pain is caused from a pinching or irritation of the sciatic nerve as it travels from the low back down to the foot. And given the size of the sciatic nerve - the largest in the body - it is an easy target for compression.

Common conditions that cause sciatica include a bulging or herniated disc, degenerative disc disease, piriformis syndrome, pregnancy, spinal stenosis, infection, spondylolisthesis, or trauma. The majority of the above occur in the spine in the area of the low back.

Depending on the area of compression, your doctor may determine the sciatica to be a radiculopathy or neuropathy.

ropathy.

Should the compression be created in the spine at the root level the condition is considered a radiculopathy, affecting the nerve roots that exit the spine and converge to create the sciatic nerve.

If the nerve is being compressed anywhere outside the spine the diagnosis will be one of a peripheral neuropathy.

For example, pregnancy and piriformis (muscle) syndromes create neuropathies while spinal tumors, disc disease or spinal injuries create radiculopathies. It is the job of your health care professional to diagnose the underlying cause and location of the irritation and treat accordingly.

Common medical treatments include muscles relaxers, anti-inflammatories, pain relievers and possible physical therapy for rehabilitation. Lidocaine patches have become quite popular in many pain clinics. Bed rest, which used to be common advice is no longer the norm as more studies show that lack of movement is the least helpful form of treatment.

As an alternative doctor, conservative treatments are dependent upon the diagnosis. Remember that sciatica is a symptom and not the underlying condition. So while many first time cases of sciatica resolve within weeks of the episode, in lieu of pregnancy or severe muscles spasm, the condition has not resolved and will most likely return.

So you need to treat the condition. The most common cause of sciatica disc injury or degeneration.

Due to the delicate nature of the disc, the treatment should also be delicate in nature. I typically treat disc herniations with decompression treatments in addition to gentle spinal adjustments to surrounding areas and laser light to initiate a faster healing response.

Most conditions creating sciatica respond extremely well to typical chiropractic care in addition to other therapies to aid in proper healing.

Additional natural therapies that work well stand-alone or in conjunction with others include massage to any tight muscles that may be creating nerve impingement or created from spinal injury. Acupuncture provides pain relief and decreases inflammation as a natural alternative to muscles relaxers and NSAIDs (Ibuprofen, Acetaminophen, etc.). These therapies work best at the beginning of a treatment protocol to initiate a faster healing response but can be useful at any time.

Physical therapy can be a valuable rehabilitation tool after healing has commenced. However, rehabilitation without healing is like throwing a bypass candidate to the lake for a jog without the surgery. So be sure to initiate the healing process first and then rehabilitate.

Pregnant women often suffer from sciatica and can benefit from gentle conservative treatments such as chiropractic, acupuncture, reiki, massage, etcetera.

In difficult to treat cases such as unresponsive spinal stenosis, or spinal tumors, patients must be referred out for proper treatment or surgery when conservative treatment is not clinically beneficial.

The most important thing to remember is that sciatica can be painful and the underlying condition should be checked by your health professional for a proper diagnosis. This way whether you are treated medically or conservatively you will know the cause of the pain.

Here's to your health...naturally.

Town Crier

Tewksbury - Wilmington

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- Photos/images - send as an attached JPEG at a minimum of 200 resolution. Please do not embed the image within a Word document.

Other submission methods:

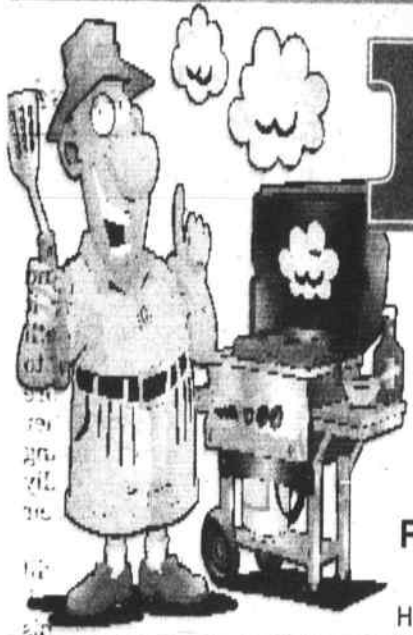
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State Senator Bruce Tarr and Representative Jim Miceli met the Wilmington Minutemen in the State House on July 10th where the men and women got the royal tour and were introduced to the members of the Senate.

MEMA issues power outage safety tips

FRAMINGHAM - "The severe winds experienced during Hurricanes and Tropical Storms have the potential to cause power outages throughout the Commonwealth during this Hurricane Season," warns Massachusetts Emergency Management Agency Director Don Boyce. "These strong winds have the capability to topple utility poles and snap tree limbs causing them to fall on power lines and disrupt electrical service."

The Massachusetts Emergency Management Agency (MEMA) has the following tips for dealing with a possible power outage:

- Check flashlights and portable radios to ensure that they are working, and you have extra batteries. A radio is an important source of critical weather and emergency information during a storm.

- If your water supply could be affected by a power outage (a well-water pump system), fill your bathtub and spare containers with water. Water in the bathtub should be used for sanitation purposes only, not as drinking water. Pouring a pail of water from the tub directly into the bowl can flush a toilet.

- Set your refrigerator and freezer to their coldest settings (remember to reset them back to normal once power is restored). During an outage, do not open the refrigerator or freezer door unnecessarily. Food can stay cold in a full refrigerator for up to 24 hours, and in a well-packed freezer for 48 hours (24 hours if it is half-packed).

If you have medication that requires refrigeration, check with your pharmacist for guidance on proper storage during an extended outage.

In order to protect against possible voltage irregularities that can occur when power is restored, you should unplug all sensitive electronic equipment, including TVs, computers, stereo, VCR, microwave oven, cordless telephone, answering machine and garage door opener. (Review the process for manually operating an electric garage door.)

Be extra cautious when you go outside to inspect for damage after a storm. Downed or hanging electrical wires can be hidden by trees or debris, and could be live. Never attempt to touch or move downed lines, and keep children and pets away from them. Do not touch anything power lines are touching, such as tree branches or fences. Always assume a downed line is a live line. Call your utility company to report any outage-related problem.

The Massachusetts Emergency Management Agency (MEMA) is the state agency responsible for coordinating federal, state, local, voluntary and private resources during emergencies and disasters in the Commonwealth of Massachusetts. MEMA provides leadership to: develop plans for effective response to all hazards, disasters or threats; train emergency personnel to protect the public; provide information to the citizenry; and assist individuals, families, businesses and communities to mitigate against, prepare for, and respond to and recover from emergencies, both natural and man made. For additional information about MEMA and Hurricane Preparedness, go to www.mass.gov/mema.



Let's Hear it!!

Your Two Cents...



Kudos to the waitress from Maverick's in Tewksbury, who wishes to remain anonymous, for saving the life of a choking customer this past week. Her quick thinking and application of the Heimlich Maneuver prevented a sure tragedy. I respect her preference to go unnamed, but her fine deed should not go without mention.

I hope the person left you a great tip for service above and beyond the call of duty!

The Wilmington Minute Men were recently honored at the State House and there was nothing in the Town Crier about it.

OK - The squeaky wheel... see photos this page

How about a little TLC for the Woburn Street School Tennis and Basketball courts? My daughter and I use them a couple times a year and although they are in decent shape there are spots where weeds are starting to come up through the surface. I'm sure if our very handy DPW workers put in a few hours over there, it would greatly improve the courts and add years to their life so that they will not have to be totally redone in the next few years.

Want your opinion heard?

Send your Two Cents to:

twocents@yourtowncrier.com.

All submissions must be accompanied by contact information for verification purposes.

All submissions chosen for publication will be done so anonymously.

Coughlin honored at Brandeis University

WALTHAM - Thomas Coughlin, son of Susan Bourgeois and Edward Coughlin of Wilmington, was named to the dean's list at Brandeis University for academic achievement during the spring 2008 semester.

Dean's list honors are awarded to students who have earned a grade point average of 3.5 or above.

Dorrance twins graduate Cum Laude

Emily C. Dorrance graduated cum laude from the College of Arts & Science at Fairfield University. Emily majored in Psychology with a minor in Marketing. Her twin sister, Erin F. Dorrance graduated cum laude from the School of Business at the University of Rhode Island. Erin and Emily

were 2004 graduates of Wilmington High School. Erin was Class Secretary and Emily was Class Vice President and Captain of the Wilmington High Girls Soccer Team. Emily and Erin are the daughters of Rosamond and Stephen Dorrance.

Kapust named to Northeastern U. Dean's List

Michael Kapust of Tewksbury was named to Northeastern University Dean's list for the Spring 2008 semester. Michael is a Mechanical Engineering

major at Northeastern. Michael is a 2007 graduate of Tewksbury Memorial High School.

Melissa Estremera graduates Bryn Mawr

BRYN MAWR, PA. - Melissa Inez Estremera from Wilmington was one of the 424 students who took part in Bryn Mawr College's 123rd commencement exercises on May

17 and 18. Estremera, daughter of Zaida & Pedro Estreniera, was awarded a Bachelor of Arts degree in psychology. She is a graduate of Wilmington High School.



Ready to vote: Members of the Wilmington Minutemen were seated at the desks of the Massachusetts House as they listened to Rep. Miceli describe the workings of the Legislature and field questions (mostly from Devin Rich).

Rolling Ridge celebrates 60th anniversary

NORTH ANDOVER - The Rolling Ridge Retreat and Conference Center will celebrate its 60th year Anniversary on September 20th, from 10 a.m.-3 p.m. Tour the historic mansion and the grounds, and see "together for tomorrow" improvements, meet friends, renew acquaintances, enjoy some jazz.

Excitement is growing about our first Wellness Expo. It will be an opportunity to meet some of our retreat leaders and experience what services we offer. Anniversary attendees will get to try: Yoga, chanting and meditation at Point of Pines, walk the labyrinth, color mandalas

and other art projects, receive a massage (chair, feet, or hands), get their blood pressure checked. We hope to also offer opportunity for drumming, tai chi, and more. A naturalist will lead tours of the grounds and tours of the mansion will feature the new refinished floors & paint in the main house. A gourmet luncheon will be served under the tent (\$15) as we celebrate a glorious past & a bold future. Speakers will include Reverends Cynthia Good, Larry Peacock, and Jim Todd. Please RSVP for the luncheon to 978-682-8815 or emai1thestaff@rollingridge.org.

Andrzej Holowenczak graduates Excelsior College

WILMINGTON - Andrzej Holowenczak, a resident of Wilmington has earned an Associate in Science in Nursing from Excelsior College. Excelsior College is a private, nonprofit institution of higher learning. Founded in 1971 and located in Albany, N.Y.,

Excelsior is one of the nation's oldest and most respected distance learning and online colleges. It is accredited by the Commission on Higher Education of the Middle States Association of Colleges and Schools.

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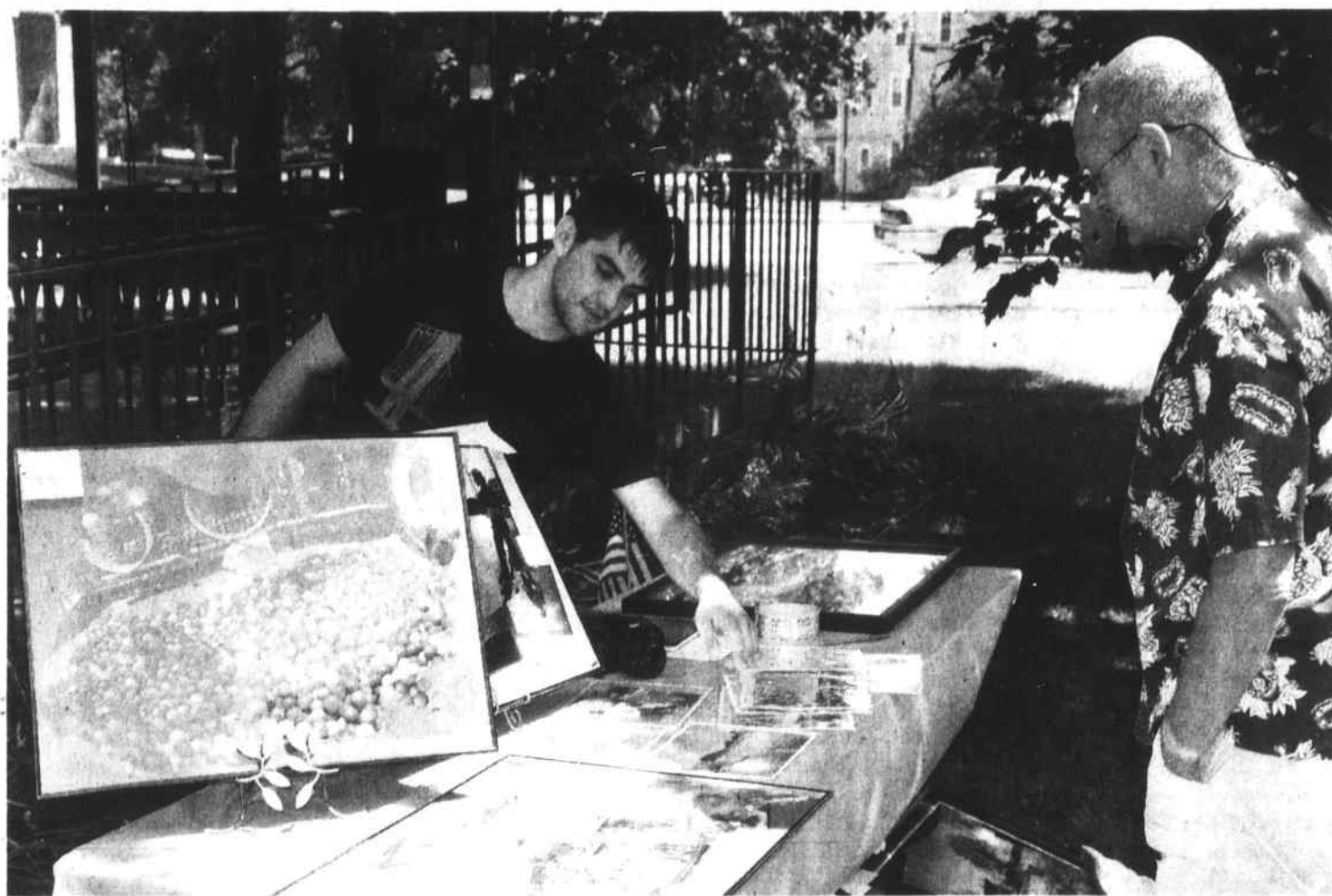
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Marc Bliss (l) a 2007 graduate of TMHS, displays some of his current art for retired Tewksbury Memorial High School art teacher Dan Rogacki during Saturday's show and sale on the Tewksbury common. Photo by joebrownphotos.com

What's new at the Book Store Next Door?

Besides the wonderful new sign and the outside paint project, there are ALWAYS new discoveries at the Book Store Next Door (to the Wilmington library), 183 Middlesex Ave. Thanks to your continued donations and purchases, we are able to keep our shelves stocked with what may have been your discards, but treasures for others!

We only have room for a sample of the most prolific authors (Cornwall, Cussler, King, Parker, Patterson, Roberts, Steel, to name a few), so you need to ask to view the complete stock.

Also, too numerous to be displayed are our books on tape, classics, and large print books; ask to see the lists or give us your email address and we can send them to you electronically. Our collection of books on CDs is growing too. We're open Wednesday summer evenings, 4:00 - 7:00 and every Saturday, 10-4. Your dollars are returned to the library in many forms; pick up a Friends brochure to find out how. Contact Leslie Dietrich, 978.657.6536 or lesd4@verizon.net for volunteer opportunities, donation assistance, or questions.

Dance Saturday at VFW hall

TEWKSBURY - Singles/Couples Dance Saturday Aug. 2nd, 2008 from 8:00 p.m. - 12:00 a.m. (Doors open at 7:30pm) \$8.00 per person Free Buffet & Door Prizes!

DJ: Cisco
At the VFW Post 8164
87 Vernon St., Tewksbury, MA.
Call: 978-658-8983

Summer concerts on the common

Wilmington Recreation Department Summer "Concerts on the Common" Series finale features Ben Rudnick and Friends family concert.

The "Sounds of Summer" Concert series concludes on the Wilmington Town Common on Wednesday, August 13 at 6:30 p.m. with a performance by Ben Rudnick and Friends. This concert was postponed from July 23. The Ninety Nine Pub and Restaurant is the sponsor of this concert.

Ben Rudnick and Friends play "Great Family Music - American Roots Style". Be prepared to sing and dance your way through the evening as the group entertains young and old. The group features family friendly, instantly humable songs as well as original compositions and fun spins on well known traditional music. Bring dinner, chairs or a blanket and relax on the Wilmington Town Common as we enjoy our New England summer. See you there.

Improve your child's health with fun exercise at GymStreet USA

Not a week goes by on TV, print or online where concerns about a lack of exercise and physical fitness continues to be a growing risk of health problems with our communities children. Inactivity, or lack of exercise, is linked with greater risks for many health problems including heart disease, high blood pressure and diabetes. More and more kids are getting tested for high blood pressure each day due to lack of physical fitness.

GymStreet USA which is located at One Jewel Drive in Wilmington (near the intersection of Main & Eames Street) offers assistance to parents with exciting programs for their children that will increase their activity level while they are having lots of fun.

Charlie Souza Jr., CFO of GymStreet USA Corporation, offers, "GymStreet USA is focused on helping you reduce these risks by providing fun exercise programs for kids of all ages in a climate controlled, clean, safe and supervised environment. Parents are also susceptible to these risks and we offer many exercise options, as well as massage therapy, for you while your child attends a class."

Souza continues, "We live in an age where:
• The economy and municipal budgets continue to reduce the

amount of daily physical activity at most schools in our communities

• Parents concerns over child predators have nearly eliminated unsupervised and unorganized neighborhood outdoor activities and games that were once as common as going to school every day."

These issues are affecting America's families and youth by contributing to obesity, health problems and diseases, as well as increasing health care costs for families in many communities.

"GymStreet USA offers many programs for kids of all ages at affordable and competitive pricing. Our programs are designed to provide your children a fun and energetic experience. A good workout combined with fun programming encourages a child to participate in physical fitness because it feels less like work," maintains Souza. A complete list of programs and schedules is available at www.gymstreetusa.com.

Souza continues, "Please watch for our ad during the weeks of July 27th and August 3rd, 2008 for a FREE day of Family Fitness at GymStreet USA and please accept our invitation to experience all we have to offer and start paving your road to a healthier family lifestyle."

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Wild Horse	\$12.99
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Charlone	\$13.99
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Kahlua Reg	\$15.99
DiSaronno	\$19.99
Sambuca Romana	\$18.99

WHISKEY 1.75 Lit.

Seagrams "7"	\$15.99
Jim Beam	\$17.99
Canadian Mist	\$14.99
Jack Daniels	\$36.99
Kennedys Can	\$12.99

RUM 1.75 Lit.

Bacardi	\$20.99
Ron Roberto	\$11.99
Malibu	\$23.99
Capt Morgan	\$25.99

SCOTCH 1.75 Lit.

Dewars	\$30.99
Ballantine	\$19.99
J Walker Red	\$30.99
Clan McGregor	\$12.99
Old Smuggler	\$15.99

Beer Specials

St. Pauli Girl Btles	12PK	\$9.99
Heineken Btles	Loose	\$20.99
Corona Btles	Loose	\$20.99
Smithwicks Btles	12PK	\$11.99
Miller Lite	18PK	\$11.99
Dos Equis Btles	12PK	\$10.99
Presidente Btles	12PK	\$9.99
Mikes Variety	Case	\$20.99
Guinness	18PK	\$18.99
Red Stripe	12PK	\$10.99

Grey Goose Vodka \$24.99
750 mls

CHAMPAGNE/SPARKLING

Korbel	SALE
Cooks	\$4.99
Piperheidsieck	\$31.99
Freixenet Brut	\$7.99

1.5 Liters	All Flavors
Glen Ellen	2/\$12
Arbor Mist	\$5.99
Woodbridge	\$9.99

Cuervo Authentic Margarita's All Mixed \$12.99 1.75 Lts

ALL BEER PLUS DEPOSIT. ALL REBATES (M.I.R.) ARE MAIL IN REBATES AND PRICES ARE AFTER REBATES. ALL SPECIALS ARE SUBJECT TO AVAILABILITY BY WHOLESALERS. NOT RESPONSIBLE FOR TYPOGRAPHICAL ERRORS. NO PACKAGE STORES PLEASE! SALE DATES JULY 30 THRU AUGUST 6

Spinners officially change name to Mike Lowell Spinners July 31

LOWELL, MA - The Lowell Spinners, Class-A Affiliate of the World Series Champion Boston Red Sox, will officially become the Mike Lowell Spinners for the third consecutive season, a tribute to the Red Sox popular third baseman and 2007 World Series MVP.

Lowell, who received the key to the City of Lowell in a ceremony held at Fenway Park earlier this month, is a Red Sox fan favorite not only at Fenway, but also at LeLachur Park where shirts with his moniker dot the crowd on a nightly basis.

As part of the event, the team will be referred to as the Mike Lowell Spinners in all scoreboard and P/A announcements during the game and all coverage online at lowellspinners.com.

Additionally, the team will don official "Mike Lowell Spinners" jerseys with a commemorative patch on the uni-

form shoulder. The uniforms will be auctioned off following the game to benefit Joann Weber Foundation. Spinners infielder Deshaun Brooks will relinquish his number 25 for the night in honor of Lowell, switching to jersey number 28 for the game.

"Mike has been a great asset to the Red Sox, playing such a major role in last year's World Series title," said Tim Bawmann, Spinners' Vice President/General Manager. "This promotion is something we really have a lot of fun with."

In honor of the fact that Lowell is such a prolific doubles hitter, "Mike Lowell Double Cheeseburgers" will be offered at the concession stand, among other tributes to the Red Sox third baseman.

For more information contact Jon Boswell at 978-805-5117 / jboswell@lowellspinners.com.

NOTICE OF MORTGAGEES SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by John R. Fowler and Karen A. Fowler to Mortgage Electronic Registration Systems, Inc., dated May 31, 2006 and recorded with the Middlesex County (Northern District) Registry of Deeds at Book 20169, Page 78, of which mortgage US Bank, NA as trustee of Series 2007 GEL 1 is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on August 25, 2008, on the mortgaged premises located at 900 Old Shawheen Street, Tewksbury, Middlesex County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

A certain parcel of land, with the buildings thereon, situated in Tewksbury, Middlesex County, Massachusetts, situated on the Northwestern side of Shawheen Street being shown as Lot 5, on a plan entitled, "Liberty Homes, Tewksbury, Mass, Owner; Liberty Homes, Inc., Dana F. Perkins and Sons, Inc.", dated February, 1955, recorded with Middlesex North Registry of Deeds in Plan Book 85, Plan 118, being bounded and described as follows:

SOUTHEASTERLY by Shawheen Street, 85.36 feet;
SOUTHERLY by a curved line forming the junction of said Shawheen Street and Independence Avenue, 25.43 feet;
SOUTHWESTERLY by said Independence Avenue, 74.75 feet;
NORTHWESTERLY by Lot 41, as shown on said plan, 100 feet; and
NORTHEASTERLY by Lots 34 and 4, by two lines, as shown on said plan, 134.61 feet.

Containing 10,600 square feet of land, according to said plan.

For current title see Deed recorded with the Middlesex County (Northern District)

Registry of Deeds in Book 10956 Page 284.

For mortgagor's(s)' title see deed recorded with Middlesex County (Northern District) Registry of Deeds in Book 10956, Page 284.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed

TERMS OF SALE

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

US BANK, NA AS TRUSTEE OF SERIES 2007 GEL 1

Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
6462 150 California Street
7.30.08 Newton, MA 02458
8.6.08, 8.13.08 (617) 558-0500

OBITUARIES

Frank M. Braxten

Machinist and Quality Control Inspector at Monks Manufacturing until 2003

TEWKSBURY: Frank M. Braxten, age 91, longtime resident of Tewksbury, Mass and a former resident of Medford, Mass. Passed away at the Academy Manor in Andover, following an extended illness on Tuesday, July 22, 2008.

He was the beloved husband of Barbara J. (Fernandes) Braxten, with whom he shared 47 years of marriage.

Born in Somerville, Mass. on September 5, 1916, he was the son of the late Matthew and Francesca (Hagill) Braxton.

Mr. Braxten attended the Mechanics Arts High School and Northeastern University.

Prior to his retirement in 2003, Mr. Braxten was employed as a Machinist and Quality Control Inspector at Monks Manufacturing Company in Wilmington.

He served as Scoutmaster for the Allston Troop 1 Boy Scouts for many years.

In addition to his wife, he was the loving father of three children, Cheryl (Braxten) Callahan of Lowell, Scott M.

Braxten of Salisbury and his dear friend Linda Silverio, and Gary F. Braxten of Lowell and his dear friend Maureen Doherty. He is also survived by a dear granddaughter, Jacquelyn Braxten of Methuen.

He was pre-deceased by his sister, Ramona RedCloud of New York, and his son-in-law, Kenneth Callahan of Lowell.

Calling hours were held Friday, July 25th, from 4-8 p.m. at the Farmer & Dee Funeral Home, 16 Lee St., Tewksbury. Funeral services took place Saturday, July 26th, at 9 a.m., at the funeral home. Burial followed the service at the Tewksbury Cemetery.

In lieu of flowers, memorial donations may be made to Boy Scout Troop 47 of Tewksbury, c/o 14 Westland Drive, Tewksbury, MA 01876 or to the Alzheimer's Association, 311 Arsenal St., Watertown, MA 02472.

www.farmeranddee.com

Judith A. McNally

Worked with her husband to build manufacturing company; loved cooking, sewing, quilting, arts, crafts

METHUEN - Judith A. (Iverson) McNally of Methuen, adored and beloved wife, mother and friend died on Sunday at home surrounded by her family and friends after a long illness. She was 66.

Born in Malden on March 7, 1942 to the late John and Jean (Constantino) Iverson.

Judy as she was known to her family and friends, lived in Wilmington for most of her life until moving to Methuen a few years ago.

She was a graduate of Wilmington High School Class of 1960.

Judy tirelessly raised her three children and helped her husband build a successful manufacturing company. She loved cooking, sewing, quilting, arts and crafts of all kinds but most of all she loved spending time at her summer home in Laconia, N.H. with family and friends. Judy also loved to travel with cruises being her favorite. She will be dearly missed!

Judy is survived by her husband of 45 years Frank; her amazing daughter Judith (Jamie) Tiscano of Haverhill, and her daughters Caitlin and Nicole; her crazy son John and his wife Maura of Salem, N.H. and their three children Paul, Shannon and Jesse; her baby Todd and his wife Lauri of Wilmington and their chil-



dren Zach, Danielle and Melanie; her four sisters Dawn and her husband Ralph Viscarello of Jacksonville FL, Nancy and her husband Willie Gagnon of Manchester N.H., Betty and her husband Bob Marcella of Tewksbury; Janet and her husband Dennis Topping of Wilmington and her brother Bobby Iverson and his wife Gaye of Milford N.H. and many wonderful nieces and nephews. Judy was predeceased by her son-in-law Alan Toscano.

At Judy's request there are no services. Memorial contributions in her name may be made to the Brigham and Women's Hospital, 75 Francis St., Boston, MA 02111.

Arrangements are by Cataudella Funeral Home, 126, Pleasant Valley St., Methuen, MA 01844.

Holy Family Hospital hosting a senior suppers

METHUEN - Holy Family Hospital will host a Senior Supper on Wednesdays in the coming months:

Wednesday, August 20
Wednesday, September 17
3:30 p.m. - 5:30 p.m.

The suppers will be in the auditorium with a cost of \$5.00. Reservations for Senior Supper are necessary as tables fill quickly.

Please call toll free 1-800-488-5959, ext. 375.



Jessica Durant a Shawheen Tech graduate from 2007 displays a marionette of Marie Antoinette that she created. It was part of the Tewksbury Art Show and Sale held on the Common this past weekend. Durant is a native of Tewksbury and is studying art in college.

Photo by joebrownphotos.com

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Art created right before your eyes, is how Conor Sheehan describes his mix of custom cut stencils and spray paint, which he has just applied to the bandanna he is displaying to the crowd the Tewksbury Art Show and Sale on the Common.

Photo by joebrownphotos.com

Tewksbury Senior Topics

Cootie Party Aug 4th; Valerie Borgal's art classes start the 6th; Senior Dance Aug 15th

In September Tewksbury Senior Citizens and others will present another musical night of entertainment as they tell the life story and legacy of Cole Porter. Auditions for the Cole Porter performance will be held at the Senior Center today, Thursday, July 31st at 6:30 p.m. For more information one may contact Marie DiCiccio at 978-851-8265 or email her at HYPERLINK "mailto:mdiciccio@msn.com" mdiciccio@msn.com.

The next Senior Center Cootie Party will be held this coming Monday, August 4th, at 12:45 p.m.

Attorney Jerry Congdon will be at the Senior Center on Tuesday, August 5th from 11:00 a.m. to 12:00 noon to hold a free hour of legal consultations advising Seniors. If interested in talking to Attorney Congdon, one is asked to sign up at the front desk. This will enable the staff to estimate the number of people that can be seen on the 4th.

Seniors who usually have lunch at the Senior Center on Wednesdays are reminded that NO lunches will be served on Wednesday, August 6th due to a Merrimack Valley Nutrition Project event being held on that day. One should eat prior to coming to the Senior Center or pack a lunch.

On Wednesday, August 6th, Valerie Borgal will start another watercolor art class series. The cost of this 6 week semester will be \$60. New participants to the class should check in at the office to obtain a listing of supplies needed for the class. If one is planning to

attend this class, it is asked that you have your name and telephone number placed on the Watercolor Interest List.

One may want to mark his/her calendar with the following August health seminars. Robin Simmons will be back again on August 7th at 11:00 to talk and demonstrate the use of a therapy band for upper body exercise. Then on Monday, August 18th, Suzanne Fillebrown of Radius North will be at the Senior Center at 10:00 a.m. to talk about "Balance". These seminars are open to the public and are free of charge. If interested, one is asked to sign the interest lists at the Senior Center. By doing so our speakers can estimate the supplies needed for the seminars.

Diane Blake, M.A., Grief Counselor is conducting grief support group meetings every other Thursday at the Tewksbury Senior Center, 175 Chandler Street. This group is free of charge and open to the people of all ages in the Greater Tewksbury community who are coping with the death of a loved one. The date of next scheduled meeting will be held on Thursday, August 7th from 11:00 a.m. to 12:30 p.m.

A Giant Senior Center Yard Sale has been planned for Saturday, August 9th from 9:00 a.m. to 2:00 p.m. Table space may now be reserved. The cost is \$15 per table or two tables for \$25.

To reserve a table or obtain more information one may drop by the Senior Center or call 978-640-4480.

The Mohegan Sun day trip of August 13th is now full. A wait-

ing list is now being compiled.

Barbara Antonoro, will be conducting oil painting class beginning in September. She will teach in the same format that Eileen Griffin taught. Prior to teaching class, Barbara would like to discuss the make up of the class. She will hold an introduction meeting on Thursday.

August 14th at 1:00 p.m. This class will be limited and will begin in the Fall. An interest list is located at the front desk at the Senior Center. If interested, please drop by or call to place your name and telephone number on the list Oil Painting Interest List.

The date of the next Friends of the Elderly Senior Center Dance is this Friday, August 15th. As is the new practice, one may obtain tickets and reserve a table for 8-10 prior to the dance. Please note that tables will not be reserved without prior purchase of tickets. Tickets will also be available at the door. All tickets are \$10 per person. Entertainment for the evening will be the Fred Manzi Band.

The following suggested day trips, requested by several Seniors, are now in the interest list book which is located at the front desk at the Senior Center. Those trips that show the most interest will be considered. It is asked that one check the list and indicate those trips desired. The following trip ideas are listed: Newport & Wine Tasting trip; Boston Duck tour & Quincy Market; Foster's lobster bake trip; a Boston Harbor cruise; a trip to Provincetown; a trip to Pickety Place; a trip to a Tea House;

and, the Boston Pops Christmas Concert that will be at the Lowell Auditorium in December.

Due to popular demand the Carnation Belles will hold another Red Petal Hat making evening on Wednesday, August 20th at 6:00 p.m. The cost for this project is \$10 per Belle. Tickets are now available. Please note that no tickets will be sold after August 15th.

Belles may want to check out the Red Hat events list which is on the Red Hat bullet board for the following events: Salem Witch Museum/Victoria Station/Pickering Wharf on 9/11; Halloween Party on 11/22; Vanity Fair on 11/15; and, the Red Hat Christmas Party on 12/17.

Senior Center Wii activities are held as follows: Friday afternoons at 2:00 is now scheduled for practice; Monday afternoons from 1:00 to 4:00 for bowling league time; and, Thursday morning from 9:30 to 11:30 for the second bowling league. As one can see, Wii has become very popular. Why not come on down and give Wii a try it's good for one's health.

Tickets for Dr. Smith's Podiatry Clinic of Friday, August 29th, are now available. This clinic is limited to the first 25 Tewksbury Seniors who register. The co-payment for the clinic is \$15 per person. Appointment times are assigned upon registration. As of this past Friday, there were several opening still left for this clinic.

Hope you have a sunny week. God Bless America.

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Tewksbury Police Log

Monday,
July 21

4:41 p.m. A caller reported larceny at the intersection of Whipple Road and Chandler Street.

10:27 p.m. A motor vehicle-related accident occurred in the vicinity of 759 Main Street.

3:22 p.m. Multiple motor vehicles parked at 10 Main Street were burglarized.

Tuesday, July 22

10:28 a.m. A motor vehicle-related accident occurred in the vicinity of 600 Clark Road.

1:01 p.m. A motor vehicle-related accident occurred in the vicinity of 90 Main Street.

1:48 p.m. Police responded to a report of shoplifting at 333 Main Street.

2:14 p.m. A motor vehicle parked at a residence on Bridge Street was burglarized.

4:00 p.m. Police responded to a report of larceny at 468 Main Street.

Mahamed Sankoh, 19, of 700 Princeton Boulevard, Lowell, was arrested at 333 Main Street and charged with shoplifting by asportation and unlicensed operation of a motor vehicle.

Wednesday, July 23

5:24 p.m. A motor vehicle-related accident occurred in the vicinity of 1900 Main Street.

Ashley F. Lamer, 23, of 257 Merrimack Street, apt 3, Manchester, NH, was arrested at 95 Main Street and charged

7th annual

Walk of Hope to benefit ALS

Lou Gehrig's Disease - Scheduled for Sept. 6th

WAKEFIELD - The 7th annual Walk of Hope for ALS, a 3.5-mile walk around Lake Quannapowitt in Wakefield to benefit The Angel Fund, will be held on Saturday, September 6th 2008. The event will be held rain or shine and begins with registration at 9 a.m. followed by the start of the walk at 11 a.m.

The Angel Fund is an independent, nonprofit organization dedicated to supporting Amyotrophic Lateral Sclerosis (ALS) research at the Cecil B. Day Laboratory for Neuromuscular Research. ALS, more commonly known as Lou Gehrig's Disease, is a progressive, always fatal neuromuscular disease. ALS leads to muscle weakness and as it progresses, results in total paralysis and the inability to speak and swallow while the mind and senses remain intact.

Walkers of all abilities are encouraged to participate as indi-

viduals or as a team. Teams that raise \$1000 or more are eligible to be entered as a team into a prize drawing. Each of the first 500 walkers to register will receive a t-shirt.

To register as a walker or to register a team, please call The Angel Fund at 781-245-7070, or log on to either the organization's website at www.theangelfund.org to download a brochure and a team captain's manual.

Donations to the Angel Fund can also be made online, or can be sent to The Angel Fund, 649 Main Street, Wakefield, MA 01880. All donations should be made payable to The Angel Fund. This year, The Angel Fund has joined FirstGiving.com which enables walkers to create their own webpage to raise money online. Registered walkers can create their page at www.firstgiving.com/angelfund. We hope everyone will join us in

Thursday, July 24

6:33 p.m. A caller reported malicious damage at 1880 Main Street.

2:24 p.m. Police responded to 333 Main Street for a report of shoplifting.

3:07 p.m. Police responded to 1900 Main Street for a report of shoplifting.

3:45 p.m. A motor vehicle-related accident occurred in the vicinity of 95 Foster Road.

6:09 p.m. A motor vehicle-related accident occurred at the intersection of Whipple Road and Patten Road.

Joanne D. Sembler, 42, of 1368 Whipple Road, Tewksbury, was arrested on Whipple Road and charged with assault and battery with a dangerous weapon.

Friday, July 25

9:29 p.m. A motor vehicle was reported stolen from 10 Main Street.

2:05 p.m. A motor vehicle parked at a business at 85 Main Street was burglarized.

Saturday, July 26

11:50 a.m. A caller reported malicious damage at 1057 Main Street.

5:01 p.m. A motor vehicle-related accident occurred in the vicinity of 1795 Andover Street.

5:36 p.m. A stolen motor vehicle from Lawrence was recovered at 10 Main Street.

8:53 p.m. A caller reported larceny occurred at 417 Foster Road.

Steven M. Ladd, 34, of 15 Bemis Circle, Tewksbury, was arrested at the intersection of 1569 Main Street and 10 Villa Roma Drive and charged with operating a motor vehicle while under the influence of alcohol, speeding in violation of special regulation, failing to stop for police, and reckless operation of a motor vehicle.

Sunday, July 27

3:14 a.m. Three motor vehicles parked at on Littlefield Avenue were burglarized.

8:33 a.m. A caller reported malicious damage at 1830 Main Street.

2:55 p.m. A motor vehicle-related accident occurred in the vicinity of 85 Main Street.

3:01 p.m. A motor vehicle-related accident occurred in the vicinity of 1049 Main Street.

4:05 p.m. A caller reported a motor vehicle stolen from 10 Main Street.



Wilmington Police Log

Monday,
July 21

1:07 a.m. A motor vehicle-related accident occurred on Cook Avenue.

9:25 a.m. A caller reported malicious damage inside the Registry of Motor Vehicles on Middlesex Avenue.

Tuesday, July 22

10:53 a.m. A motor vehicle-related accident occurred on Main Street.

9:20 p.m. A motor vehicle-related accident occurred at the intersection of Woburn Street and Salem Street.

Wednesday, July 23

Jerry J. Bilodeau, 28, of 189 Middlesex Street, Lowell, was arrested on Woburn Street and charged with larceny over \$250, breaking and entering daytime for felony, possession Class E drug and possession Class B drug.

Christopher R. Isberg, 24, of 15 Sheridan Road, Wilmington was arrested on Middlesex Avenue on the basis of a warrant.

Jolene Malonson, 22, of 3335 Monument Road Apt. 1401, Jacksonville, FL, was arrested on Main Street on the basis of a warrant and on two charges of possessing a Class E drug.

Daniel J. McCarthy, 17, of 8 Brand Avenue, Wilmington, was arrested at Brand Avenue on the basis of a warrant.

Chris R. Ricigliano, 28, of 140 Bowden Street 202, Lowell, was arrested on Main Street and charged with larceny over \$250

by single scheme.

Thursday, July 24

7:46 a.m. A motor vehicle-related accident occurred on Main Street.

12:13 p.m. A motor vehicle-related accident occurred on Richmond Street.

3:34 p.m. A motor vehicle-related accident occurred at the intersection of Middlesex Avenue and North Street.

4:42 p.m. A motor vehicle-related accident occurred at the intersection of Middlesex Avenue and High Street.

6:03 p.m. A motor vehicle-related accident occurred on Lowell Street.

9:47 p.m. Police responded to a report of a domestic disturbance on Edwards Road.

Friday, July 25

1:30 a.m. A motor vehicle-related accident occurred on Salem Street.

Nicole Marie Hussey, 22, of 20 Kaytlyn Way, Seabrook, NH, was arrested on Grove Avenue and charged with possession of a Class D drug and disturbing the peace.

Christian R. Mastronardi, 30, of 3 King Street Extension, was arrested on King Street Extension and charged with assault and battery with a dangerous weapon.

Saturday, July 26

3:55 p.m. A motor vehicle-related accident occurred on Adelaide Street.

1:58 p.m. A motor vehicle-related accident occurred on Belmont Avenue.

8:13 p.m. A caller reported gas siphoned from his motor vehicle parked on Forest Street.

9:33 p.m. A caller reported

five motor vehicles with flat tires because of road debris at the I-93 off ramp for Lowell Street.

Jose W. Costa, 46, of 132 Chelsea Street 42, Everett, was issued a summons on Salem Street for unlicensed operation of an uninsured motor vehicle.

Paige A. McCormack, 31, of 8 Suncrest Avenue, Wilmington, was arrested on Suncrest Avenue and charged with operating a motor vehicle while under influence of liquor and operating a motor vehicle with license revoked.

Sheldon F. Maga, III, 19, of 44 Oakdale Road, Wilmington was issued a summons on Concord Street for operating a motor vehicle with a suspended license.

Robert M. White, 41, of 95 Glen Road, Wilmington was issued a summons on King Street Extension for breaking and entering for misdemeanor and malicious destruction of property valued less than \$250.

Sunday, July 27

12:03 a.m. A motor vehicle-related accident occurred on Main Street.

3:03 a.m. A motor vehicle-related accident occurred on Butters Row.

6:11 p.m. A motor vehicle-related accident occurred on Salem Street.

7:52 p.m. A motor vehicle-related accident occurred on Chestnut Street.

In last week's *Wilmington Police Log* it was noted that Kathryn Duffy of Nashua, NH, was arrested. That was an error. She was not arrested. The *Town Crier* regrets the error.

Last Chance!

Final two weeks to purchase tickets for WHS Class of 2003's five year reunion!

WILMINGTON - This is the final two weeks to purchase tickets for Wilmington High School Class of 2003's Five Year Reunion. Tickets are on sale for \$25 per person in advance, or \$30 at the door. If you plan on attending and paying at the door please send an e-mail to whsclassof2003@gmail.com to get yourself on the "Express Guest List."

To purchase tickets, send a check to the Wilmington High School Class of 2003 Alumni Association, 9 Clorinda Road, Wilmington, MA 01887. Please make all checks payable to

Wilmington High Class of 2003 and indicate your guest's name and your e-mail address when sending payment.

The reunion will take place on Friday, August 8, 2008 at Capt's Waterfront Grill & Club on Pickering Wharf in downtown Salem, Massachusetts. The celebration kicks off at 8 p.m.

For more information about the five year reunion send an e-mail to whsclassof2003@gmail.com or join the "Wilmington High School Class of 2003" Facebook group.

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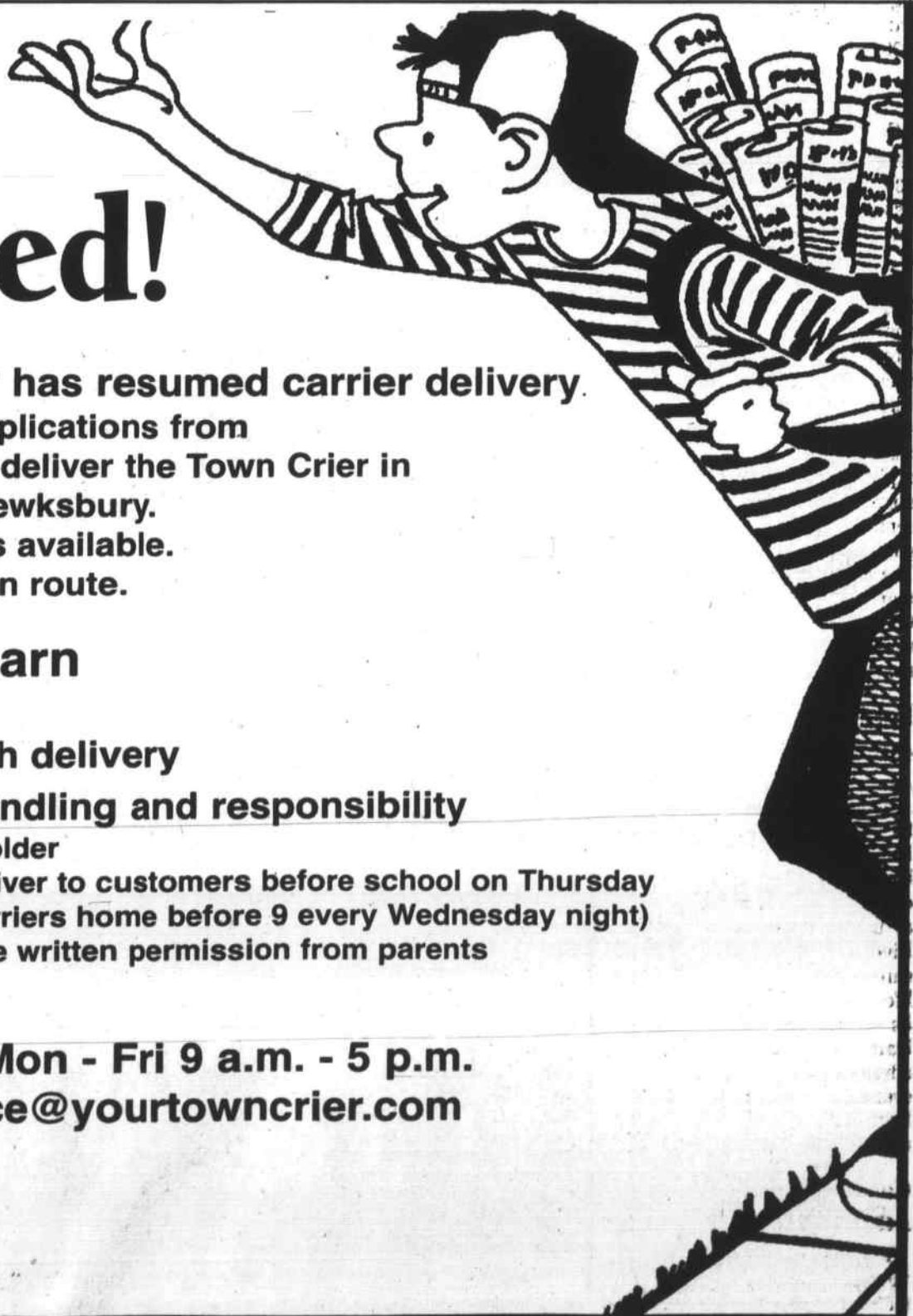
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Massage therapy offers benefits for patients with diabetes

Winchester - According to the American Diabetes Association, 24 million children and adults in this country have diabetes. In fact, the Centers for Disease Control and Prevention ranks diabetes as the sixth leading cause of death in the U.S. As more people are diagnosed with diabetes, alternative forms of treatment are becoming increasingly common in the fight against the myriad of issues that accompany the disease.

One such alternative treatment is massage therapy. Once considered a luxury service, massage therapy is now garnering serious attention for its many benefits in

improving the lives of those with various medical conditions.

Benefits of massage therapy including calming the nervous system and reducing anxiety; stabilizing fluctuating glucose levels; improving circulation and the absorption of oxygen and nutrients into the body's tissues; alleviating stiffness in muscles, tendons and ligaments; increasing range of motion in joints; and enhancing general physical and emotional well-being.

Diane Doucette, the diabetes nurse educator at the Winchester Hospital Diabetes Center in Medford, said the relaxed state achieved

through massage therapy may additionally aid the body in using insulin more effectively.

"The combination of education and nutritional guidance from the Diabetes Center, along with integrative treatments like massage therapy from the Community Health Institute, is another way Winchester Hospital shows its commitment to treating the whole person," she added.

For more information about massage therapy services offered by Winchester Hospital's Community Health Institute, call (781) 756-4700. To learn more about the Winchester Hospital Diabetes Center, call (781) 396-6437.

Wilmington students honored at U. Missouri

ROLLA, Mo - Missouri University of Science and Technology, formerly the University of Missouri-Rolla, announces the following students made the honor list for the 2008 spring semester. These students carried a minimum of 12 hours and had grade point averages of 3.2 or above out of a possible 4.0

Christopher Michael

Mass Audubon day camp programs focus on Essex salt marsh & the Ipswich River

Spaces are still available in some exciting day camp programs being offered in August by Mass Audubon's Ipswich River Wildlife Sanctuary in Topsfield. The sanctuary has offered its unique natural history day camp programs on the North Shore for over 55 years. Our camps are accredited by the American Camping Association. For a free brochure or more information, call 978-887-9264 or email ipswichriver@massaudubon.org. The camp brochure can also be downloaded from the website at www.massaudubon.org/ipswichriver.

A Closer Look:

August 4-8 / 9:00 am-3:00 pm
For 7 & 8 year olds. Take a closer look at the plants and animals of the Ipswich River Wildlife Sanctuary by focusing on a different exciting topic each day. Experts on birds and insects will visit us, and the highlight of the week is a morning spent on a lobster boat cruise! FEE: \$280 members, \$338 nonmembers.

Essex Salt Marsh Camp:

August 4-8 or August 11-15 / 8:30 am-1:00 pm (meets at Essex County Greenbelt Association's Cox Reservation in Essex)

For 7-10 year olds. The Cox Reservation in Essex, headquarters of the Essex County Greenbelt Association, is a beautiful property right on the edge of a salt marsh. An artist's studio barn provides a unique base for our camp. Children explore river, salt marsh, and upland habitats, and engage in sensory awareness activities, games, songs, arts, and crafts. The highlight of the week is a morning spent exploring Choate Island. Sessions are the same. FEE: \$195 members, \$253 nonmembers.

Further River Adventures:

August 11-15 / 9:00 am-3:00 pm
For 12-14 year olds. Designed for youths who have completed River Ecology Adventures, or have canoe experience, this camp will take an in-depth look at the ecology of the Ipswich River. Daily canoe trips allow campers to study the diverse life forms that inhabit the river, its shores and islands, while learning and practicing advanced canoeing skills. An overnight campout is a highlight of this camp. FEE: \$320 members, \$378 nonmembers.

Canoe & Kayak Adventures:

August 18-22 / 9:00 am-3:00 pm
For 12-14 year olds. Designed for youths who have completed

Kittredge, from Wilmington, a senior majoring in Electrical Engineering.

Ryan Douglas Trulli, from Wilmington, a sophomore majoring in Mechanical Engineering.

Dennis James Trulli Jr, from Wilmington, a senior majoring in Computer Engineering.

Doug Hoang, from Wilmington, a junior majoring in Mechanical Engineering.

Kimberly Ann Strazzere, from Wilmington, a senior majoring in Ceramic Engineering.

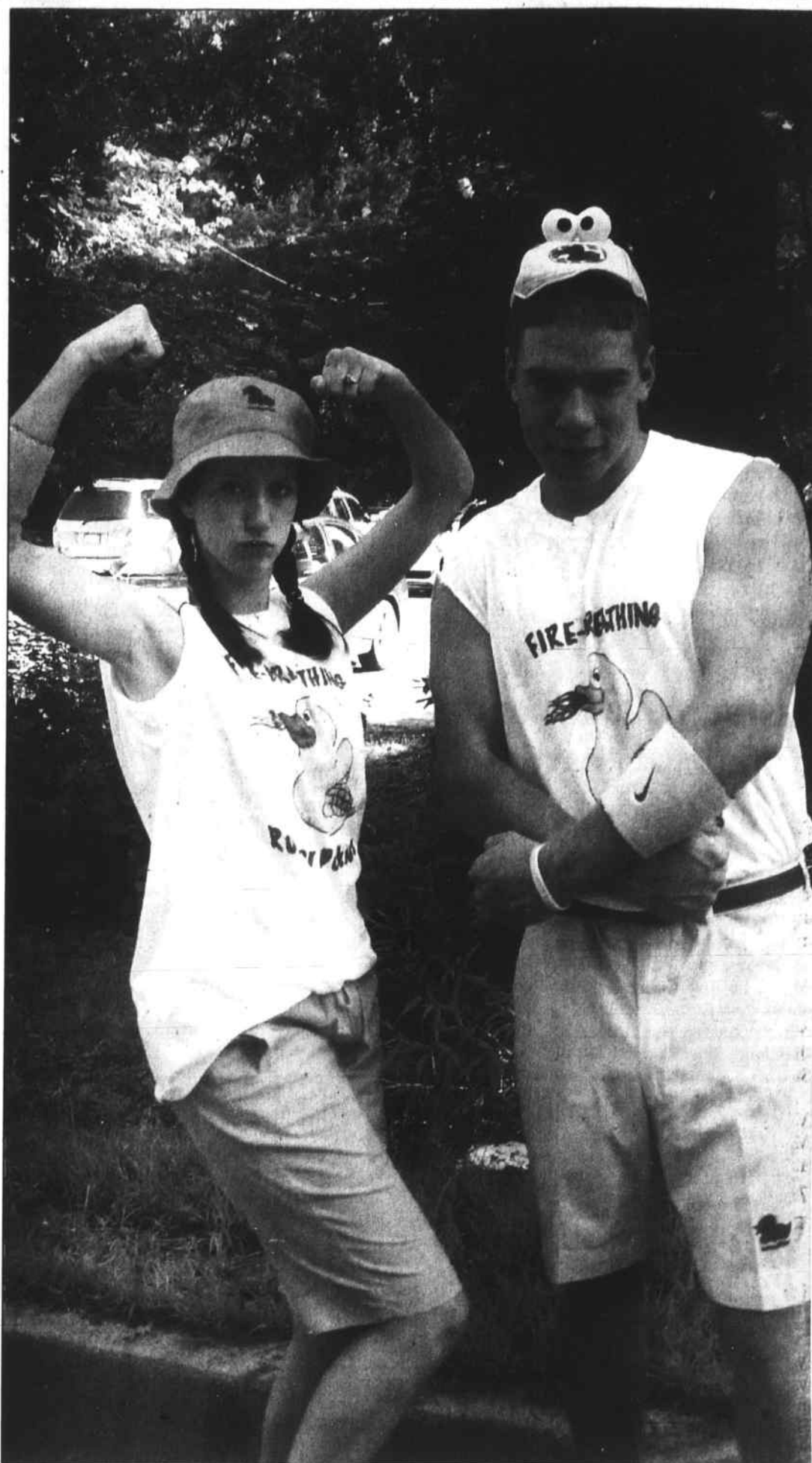
Missouri S&T is one of four campuses in the University of Missouri system and one of the nation's top technological research universities.

For more information about Missouri S&T, visit the website at www.mst.edu or contact the admissions office at 800-522-0938.

Senator Tucker announces Tewksbury office hours

TEWKSBURY - Senator Sue Tucker announced today she will be holding office hours at the Tewksbury Public Library on Monday, August 18th from 6:30 p.m. to 7:30 p.m. All town residents are invited to stop by with questions, comments or any other issues.

Residents are also invited to contact Senator Tucker at her State House office by calling 617-722-1612 or by emailing her at susan.tucker@state.ma.us.



Team Fire Breathing Rubber Duckies, Arielle Rawding and Mike DelPonte, show off muscles and keen fashion sense in preparation for Murph's Fun Run Saturday.

Photo by Luke Miller

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Tewksbury Library Notes

by Jen Hinderer

New! Self-checkout station available in the Children's room

The Tewksbury Public Library recently installed a self-checkout station in the Children's Room, just in time for the summer reading club for children and teens. Are you tired of waiting in long lines to checkout out your beach reads and summer reading goodies? Visit the

Children's Room to checkout your own Library books on our new touch-screen self-service station. This new system eliminates long lines and ensures your privacy, and you can even pay your fines (no debit or credit cards please). Here's how it works: bring your books, DVDs, or other items to the self-checkout sta-

tion and scan the 14-digit Library barcode that's located on the back of your card. You also have the option to choose a language—English, Spanish, or French. As long as you don't have overdue items or materials on hold for you at the main Circulation Desk, you simply scan the barcodes on your books to checkout your items. When you scan your items, they will be de-sensitized, so you won't set off the alarm at the door. A paper receipt with a list of all the items you checked out and their due dates will be printed. It's that simple! This technology was made possible by a very generous grant

from the Praxair Foundation.

Have you visited our bookstore yet? Money is tight these days, but you can get a great bargain and help support your Library at The Friends of the Tewksbury Public Library Bookstore. The bookstore will be open Monday August 4th from 10:00 a.m. to 1:00 p.m. Your support helps fund our popular children's programs as well as our teen and adult events. For more information please call the Tewksbury Public Library at (978) 640-4490, or visit our website at www.tewksburypl.org.



Tenor Sax player Bob Gilliatti - a Tewksbury resident - wails on the horn during his solo as part of the Bedford (NH) Big Band's gig at Woburn's Marlowe Park on a recent night.

Photo by joebrownphotos.com

Justin Melloni honored at Brandeis University

WALTHAM - Justin Melloni, son of Mary Jo and James W. Melloni Jr. of Tewksbury, was named to the dean's list at Brandeis University for academic achievement during the spring 2008 semester. Dean's list honors are awarded to students who have earned a grade point average of 3.5 or above.

Characterized by academic excellence since its founding in

1948, Brandeis combines the faculty and resources of a world-class research university with the intimacy and personal attention of a small liberal arts college. Named for Supreme Court Justice Louis D. Brandeis, the university is well-known for its commitment to social justice and is consistently ranked among the top universities in the country.



Wilmington Library Notes

by Christina Stewart

Hansel & Gretel - Live!

Upcoming Children's Programs

Hansel & Gretel Live Theater

Tickets Available Beginning Thursday, July 31
Program: Monday, August 11, 10:30 a.m.

The Traveling Troupe of The Children's Theatre Workshop of Wilmington presents an adaptation of the fairy tale, "Hansel & Gretel" on Monday, August 11th at 10:30 a.m. The show is recommended for an audience ages four and older. Reserve your free tickets by visiting or calling the Children's Room at (978) 694-2098 beginning Thursday, July 31st. Sponsored by the Friends of the Library.

Music & More

Tickets Available Beginning Thursday, July 31
Program: Friday, August 8, 10 a.m.

Bernadette Baird presents music and movement for toddlers and young children through age three on Friday, August 8th at 10 a.m. Sing, play musical instruments and dance!

Free tickets may be reserved by visiting or calling the Children's Room at (978) 694-2098 beginning Thursday, July 31. Sponsored by the Friends of the Library.

"Be a Clown!" Story/Craft

Registration Begins Thursday, July 31
Program: Thursday, August 7, 10 a.m.

"Be a Clown!", a story/craft program for three and four year olds, will be presented on Thursday, August 7th at 10 a.m. Come hear circus stories and create your own clown. Registration begins Thursday, July 31st and may be made by visiting or calling the Children's Room at (978) 694-

2098.

Star Mag Meeting

Program: Wednesday, August 6, 3:30 p.m.

Kids ages eight and older are invited to drop-in on Wednesday, August 6th at 3:30 p.m. with their finished original artwork, puzzles, poems, comics, jokes, etc., as contributions to the fall issue of this magazine written by, for and about kids, and published by the library. Refreshments will be served and a door prize, provided by the Friends of the Library, will be awarded.

Paper Airplane Drop-in Craft

Program: Monday, August 4-Friday, August 8

There will be no additional charge for baggage when you build and fly your own paper airplane. The Children's Room will supply all the materials you will need to make paper airplanes during the week of August 4th through 8th. All ages are welcome to participate in this drop-in craft.

Fun & Discovery with Bubbles

Tickets Available Beginning Thursday, July 24

Program: Wednesday, August 6, 7 p.m.

Mike, The Boston Bubble Guy, brings his award-winning Fun & Discovery with Bubbles experience to the library on Wednesday, August 6th at 7 p.m.. This fun and exciting scientific bubble show, recommended for ages 3 & older, features an array of bubble tricks and sculptures, set to music. Volunteer to assist with simple experiments, experience huge eight foot long rainbow bubbles, learn how a square bubble is made and see members of the audience inside a bubble.

Reserve your free tickets to this show by visiting or calling the Children's Room at (978) 694-2098, beginning Thursday, July 24th.

Sponsored by the Friends of the Library.

Movie Tickets/Book Winners

The winners of the drawings for two movie tickets to Showcase Cinemas and related books are Mason Ouellette, Samantha Pizzi, Vincent De la Cruz and A. J. Curdo.

Congratulations! Prizes are donated by the Friends of the Library.

Lucky Readers of the Week

Congratulations to David Olson, Jason Moore, Alexa Kelley and Erin O'Connor for being the Lucky Readers of the Week of July 21st. Each Monday throughout the summer, names are drawn from the "baseball" for prizes—books donated by the Friends of the Library. Children who pick up a free summer reading folder will find inside the Lucky Reader entry forms for the drawings. For each book or magazine read or listened to, an entry may be submitted for the drawings. More titles means more chances to win! Happy reading and good luck!

Teen Zone News

Create It Yourself Lucky Teens!

The Lucky Teen Reader of the Week is Emily Choi, who wins a free book courtesy of the Friends of the Library. Congratulations Emily!

Teen Movie Night

Monday, August 4 6-8:30 p.m.
Harry Potter turns 15, his

friends are keeping some pretty big secrets, and the Order of the Phoenix is planning their fight against the Dark Lord. All in all, it's a pretty tough year for the boy wizard! We'll make the popcorn; you bring a friend.

Down to a Science: Rocketry

Thursday, August 7 2-5 p.m.
We'll provide the model rockets—all you have to do is build it! Then we'll head down to the lower parking lot launch them (with assistance from the Wilmington Fire Department). Space is limited to 12; registration and parental permission is required.

Teen All-You-Can-Read Buffet

Tuesday, August 12, 11:30 a.m.-6 p.m.

It's back! Join us for a marathon read-in while we provide the snacks to keep you going and a pizza party when you finish. Please call 978-694-2098 or stop in to sign up. Event open to teens starting grades 6-12 in the fall.

Create It Yourself: Henna Tattoos

Wednesday, August 13 6-8 p.m.

Henna artist Nimmi Sehgal will give free henna tattoos to registered teens (entering grades 6-12 in the fall). Choose from hundreds of designs while waiting for your turn! Registration is limited to 20; please call 978-694-2098 or stop in to sign up.

Create It Yourself: Making Comics

Wednesday & Thursday, August 13 & 14, 2-4 p.m.

Back in July, we learned how to create comics—now find out how to turn those into actual books. Wednesday's workshop will focus on basic cartooning techniques and drawing the comic. Thursday's workshop will be on finishing the comic and assembling it into a book. Please call 978-694-2098 or stop in to register. Event open to teens starting grades 6-12 in the fall. Sponsored through a grant from the U.S. Institute of Museum and Library Services as administered by the Massachusetts Board of Library Commissioners.

Adult Summer Reading Program Winner

The Adult Summer Reading Program continues to be a big hit this summer. This week's winner is Nancy Spinney. Nancy will receive a Friends of the Library tote bag and a "Buy One, Get One Free" coupon to the Friends' Bookstore Next Door. It's not too late to join in on the fun. All you have to do is fill out a raffle ticket for each book you read or listen to. Drawings will be held every Friday, and at the end of the summer the grand prize winner will receive an MP3 player!

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FROM PAGE 1

ties that are typical to most scout camps.

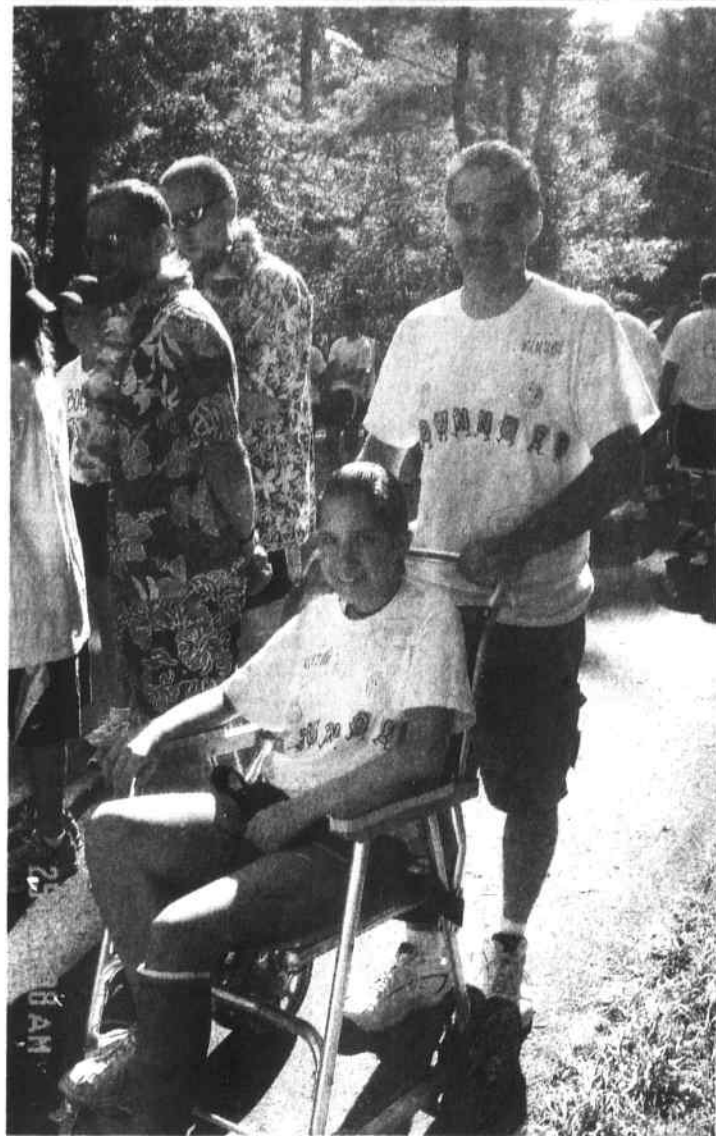
Monteforte said they were having so much fun that "I don't think the scouts even realized they were in there as long as they were!"

There were approximately 236 scouts in camp that week and Monteforte said the entire week was "nothing but fun and positive things." The 48 scouts (ages 11-17) of Troop 56 earned 87 Merit Badges. Seventeen earned swimming badges, seven earned lifesaving badges, nine earned canoeing badges, 34 earned geology badges and others earned badges in everything from archery to environmental science.

Town Crier paperboy Tyler Trites, 14, was among the

campers on the day of the storm. His mother, Lori Ann, said, "We're watching at home on TV and thinking -oh, our boys are right there!" Thankfully, parents received e-mails shortly after 1:00 p.m. saying that everyone was okay. A phone chain also activated to keep parents informed of the situation. Trites told his mother that many stayed and continued camping. She said they were wet, but they did it!

This isn't the first time this scout camp experienced a microburst, a sudden and intense brief period of strong winds and rain. According to a scouting bulletin, a similar microburst was reported on July 19, 2006 with many trees down and some buildings suffering structural damage.



Mike and Nicole Doucette make up Father-daughter team 'I Dunno' with t-shirts designed by Nicole. The team participated in the Second Annual Murph's Fun Run

Photo by Jayne Miller



Triathletes Amy Levan and Claire Cloutier took on an entirely different set of challenges when they raced in Murph's Fun Run Saturday as the Galloping Gals.

Photo by Jayne Miller

Local students named to Dean's List at UMass Boston

Boston, Mass.- July 29, 2008- Mikhail Glazomitsky and Jared Wright of Wilmington were recently named to the University of Massachusetts

Boston Dean's List for the spring 2008 semester. To qualify for this academic honor, the student must maintain at least a 3.5 GPA.

Wilmington's men on Beacon Hill

FROM PAGE 14

man in Lawrence for two years, where he lived for 25 years. His wife was the daughter of Walter Blanchard and the granddaughter of William Blanchard, both of whom had been state representatives.

Ten years later, the representative was Harrison Sheldon, also known as Deacon Sheldon. The son of Asa Sheldon, he was born in the house that later became the home of Herb Barrows. He was born Allen Harrison Sheldon, but changed it to H. Allen Sheldon when he married Catherine Buck in 1853. As a young man, he was a cattle drover. In 1875, he founded the Farmers and Mechanics Club, which ran an annual cattle show for many years.

Warren Eames, a nephew of Lemuel Cobb Eames and of Mrs. Asa Sheldon, was the next Wilmington man to go to Beacon Hill. Born in 1833, he was the son of Nathan Eames and a great-grandson of Col. Joshua Harnden.

In 1889, the representative was Edward M. Nichols, the undertaker who founded the Nichols Funeral Home. He was the son of Samuel B. Nichols, who ran a store in the house that is now the funeral home.

There is tradition that Herbert Buck was a state representative. He and his brother George had two grocery stores, Buck Brothers, with one store in Wilmington Square, and the other in North Wilmington. Mr. Buck died in 1912, and his son Rodney took over the store. His name was not found in State House records, however. There was a Maurice (Morris) A. Buck listed from Billerica in 1920. He was a cousin to Herbert Buck, and was born in Wilmington.

The representative in 1923 and 1924 was Edward Nelson Eames. A lumber dealer, Eames served in many official capacities in town in the first third of the 20th century. Eames served as town moderator for 25 years. His first public office was that of field driver, in 1885. He was on the Board of Library Trustees for over 30 years. Eames built the house that is now the Methodist Parsonage, on Church Street at the corner of Thurston Avenue. He took a great many photographs at the turn of the century, and the negatives for that collection is still in existence.

Ralph R. Currier was the representative in 1935 and 1936. The proprietor of Currier's Market in Wilmington Square, he also served as town clerk for many years.

It would be nearly 30 years before another Wilmington man would serve in the House of Representatives. Fred F. Cain, a local auto dealer was elected in 1964, and served until his death in May 1977. Cain fought for many years to pass a law to restrict building on 50-foot lots in Wilmington. He sought to build a bypass for Wilmington Square, only to have it blocked by the Environmental

Protection Act. He succeeded in building a railroad bridge for Route 129, which is named for him. He hosted the annual Democratic cookout at his garage every summer, and it was always quite an event.

After Fred Cain's death in

May 1977, Jim Miceli won the election for the representative's seat. He will soon mark 31 years on Beacon Hill, with more years of continuous service than any other representative.

Miceli has a strong reputation for constituent service — taking

care of people's problems. He is proud of his ability to secure funding for local projects. "You've got 160 people competing for those dollars," he said, "and it doesn't come easy."

Miceli has not one but two bridges named for him, includ-

ing the Burlington Avenue bridge in Wilmington Square. Another Wilmington landmark that bears his name is the Senior Citizens' Drop-in Center in the Buzzell School.

Miceli has a very conservative voting record, he said, "and I

don't need a barometer to know how to vote."

The Town Crier would like to thank Briana Liebman and Amanda Lorenti in the office of Rep. Jim Miceli for research assistance on this article.

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New Price!

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- Fab Pelham, NH nhood!

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- Custom, updated Col w/ in-law potential
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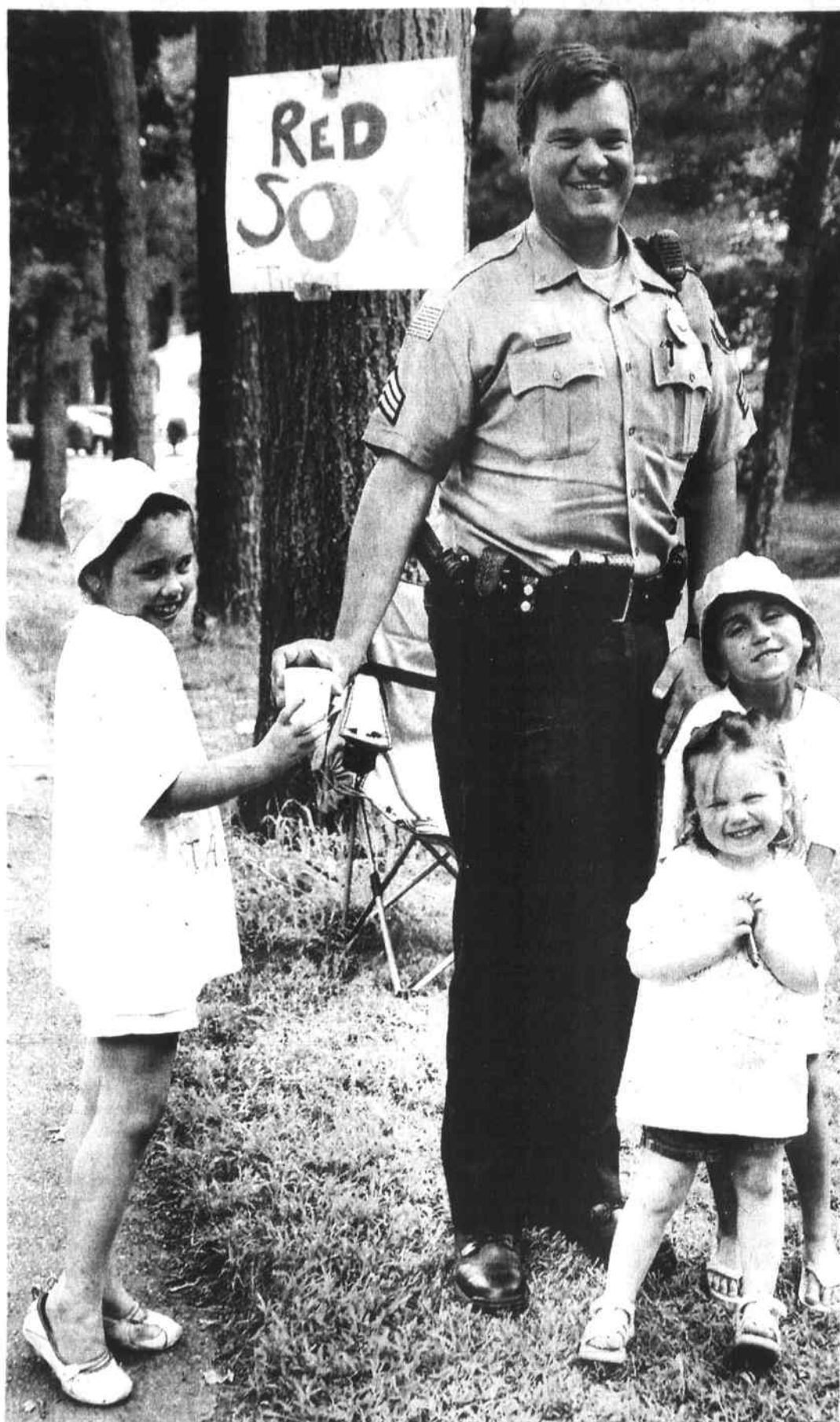
Ashley O'Neil

Lori Spindler

Joan McNelly

Carol Callahan

Todd Day



Wilmington Police Sgt. Pupa was one of many, many people who stopped by "Alex's Lemonade Stand" - a charity lemonade stand at Delaney Diaz's (l) home on Salem Street. Diaz and her sister Riley (r front) and their cousin (right rear) Meghan Costello ran the stand for the day on Sunday 7-27-08. They also had a raffle for some Red Sox tickets.

Photo by joebrownphotos.com

Walking trails to crisscross town

FROM PAGE 1

tection, and links to a very well preserved section of the old Middlesex Canal, including the remains of the aqueduct over Maple Meadow Brook."

While two parcels of the original farm on the opposite side of Main Street were sold off for commercial development, much of the remaining 61 acres has been allowed to revert back to a woods of predominantly white pine and oak. A lighted baseball field, hills for sledding, and a network of trails provide a variety of outdoor opportunities.

The Middlesex Canal runs through a portion of the park that abuts land owned by the Middlesex Canal Association, and the Butters Row and Chestnut Street well fields. According to the Healthy Wilmington meeting minutes, an Eagle Scout project by Marty Soubjian of Wilmington will work to restore the Town Park Trail.

Another popular trail is the City Hall Trail found at 121 Glen Road. Lubbers Brook flows freely

through this former cranberry bog, which is in transition from an open bog to maple and shrub swamp. These firmly established trails are connected to the 19-acre Town Hall complex, which encompasses the 8-acre Robert Palmer Park with its playground, ball fields, and picnic area. According to the website, "The current popularity of this site for active recreation, the transitional state of the wetlands, and convenient parking make this a good candidate for an interpretive nature trail that is wheelchair accessible."

The trails at Mill Road have recently become more accessible to the public courtesy of a new development at the end of Mill Road. Also accessible from Chestnut Street, this path connects with the Sawmill Brook Conservation in Burlington.

The loop at Middlesex Avenue and Church Street runs down Middlesex Ave, around the pond in Rotary Park, and back again on Church Street, ending at the Town Commons.

A vote of Town Meeting in 1975

created the Wilmington Town Forest located at Andover Street and White Oak Drive. Another Town Meeting vote in 1985 transferred this property, the Town's largest piece of conservation property, to the control of the Conservation commission for its care, custody and management.

According to Healthy Wilmington's website, "The Town Forest contains the highest point in Town, with sweeping views toward Boston and surrounding communities. There is a water tower at the top of the hill and an access road that can be used in conjunction with surrounding trails for walking, jogging, bicycling, and horseback riding. The hilltop is an excellent site for observing bird migrations, and a variety of small mammals and birds inhabit the mixed hardwood forest."

The Wilmington Walks campaign plans a major kick-off event on Monday, September 1st. For more information please visit www.wilmingtonwalks.org.

Teamwork pays off with arrests

FROM PAGE 1

and subduing the suspect about 100 feet into the woods until police arrived a couple of minutes later. The suspect was laying on top of a laptop computer that he had stolen from the house. He was identified as Jerry Bilodeau, age 28, who is originally from Lowell. He had a baseball sized rock in his pocket at the time of his arrest.

A subsequent search of the victim's house determined that an identical rock had been thrown through the glass of the rear door that enabled access. It appears that the Bilodeau only had time to scoop up the laptop computer before the alarm sounded.

Later on Wednesday afternoon police were called to Wilmington Plaza regarding a man who loaded up a shopping cart with over \$350.00 worth of steak tips and then slipped down a side aisle to fill empty shopping bags with the meat. As he attempted to exit the store with the shopping cart he was approached by the Store Manager. The suspect immediately abandoned the shopping cart and fled on foot toward the south end of the Plaza. He was chased by several employees of Market Basket who apprehend-

ed him in the woods near Washington Av. The suspect was turned over to Wilmington Police as they arrived in response to the 911 call.

Police arrested Christopher Ricigliano, age 28, of 140 Bowden St. Apt 2 in Lowell and charged him with Larceny Over \$250.00. Ricigliano would not explain what he intended to do with the 21 packages of steak tips.

Both subjects were held

overnight at the Wilmington Police station and appeared in Woburn Court on Thursday morning. Both were held on bail at the Cambridge Jail following their arraignments.

The Police Department would like to publicly commend and thank all of the individuals who got involved and did the right thing, taking two criminals off the streets.

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Charge: armed assault with attempt to murder

FROM PAGE 1

Lahey Clinic told police that White suffered a fractured skull and a blood clot on the brain. He is in a medically induced coma because of the brain injury. White's wife told police he is expected to survive, but that it will be a long rehabilitation process. Police are still

investigating exactly how his skull was fractured.

Meanwhile, police arrested Mastronardi and charged him with assault and battery with a dangerous weapon. The dangerous weapon was the pavement, not the baseball bat. Woburn District Court upgraded those charges to include

armed assault with intent to murder, a charge that must by statute go to Superior Court, and aggravated assault and battery with a dangerous weapon.

White was charged with breaking and entering for misdemeanor and malicious destruction of property valued

less than \$250 and remains hospitalized.

Wilmington's men on Beacon Hill

FROM PAGE 1

which is in the Wilmington Memorial Library, is entitled, "Wilmington Farmer." He wrote of his experience as a representative:

"If ever I benefitted the Commonwealth, it was during my second term. A bill was pending before the House, called the 'Usury Bill'; this bill I considered unjust, and labored with all the honest ingenuity and skill I was master of to bring about its defeat. I endeavored to state facts before the House, showing that the passage of this bill would bring ruin on many of the most enterprising farmers in Massachusetts, and I have the consolation of knowing that it was defeated. After the adjournment, many of the members came to me, saying that they were heartily glad to hear my speech, for it had brought many things to their minds of which they never thought before, and that they certainly should have voted for the bill had it not been for the ideas gained from it."

"Farmers and mechanics," he wrote, "God has put in your power to prevent usury ever running higher than 6 percent. Look to it that you use that power. Never, never cast your vote for a man who would oppress the poor to fill the coffers of the rich."

Walter Blanchard held the representative's seat in 1842. The son of Col. William Blanchard, he was married to Lucy (Bond) Blanchard. They lived in the house that stands between Glen Road and the

Wilmington Congregational Church. He was a wholesale commission and flour merchant, and became the state inspector of hops, a job that paid \$2000 a year, a handsome sum.

Blanchard was followed by James Gowing, who lived on Salem Street just west of the Harnden Tavern. He was a butcher, having learned the trade from Asa Sheldon. In politics, he was known as an Old Hunker Democrat. He was a selectman in Wilmington for 18 years and in 1843 was state representative. His wife was Mary Harvey Eames, who was of the Caleb Eames line. He lived to be 94 years old and died on May 22, 1888.

The representative in 1845 and 1847 was John M. Durgin, the minister of the First Baptist Church. That church later became the Town Hall. He lived at the corner of Middlesex and Mystic avenues and taught school in the South School on Butters Row, near the Middlesex Canal.

In 1850, Lemuel Cobb Eames was the representative. He was known as "Lem" to his hired help, but as "Cobb" to his friends in church. He was a grandson of Col. Joshua Harnden, and a great-nephew of Capt. John Harnden. He was also a brother-in-law and neighbor to Asa G. Sheldon. Eames lived in the old Eames farmhouse on Woburn Street, opposite Wildwood Street. A graduate of Phillips Andover Academy, he was a selectman for many years and served as a

state representative three times, in 1850, 1860 and 1871.



JAMES GOWING

Jonathan Carter 2nd was the representative in 1864. He was the storekeeper and postmaster in North Wilmington in the business that is now Elia's. He was the brother of town clerk William Henry Carter. There is an interesting chain of continuity here. Jonathan Carter lived on Middlesex Avenue at the corner of Mystic Avenue in the house that had been the home of John Durgin, the state rep in the 1840s. And Mr. Carter eventually sold the store to Herbert and George Buck. Herbert Buck then served one term as state representative.

The next Wilmington man to hold the office was William E. Gowing, who served in 1867. A meat dealer, he was the son of James Gowing, who had held the office 24 years earlier. He served as selectman in Wilmington and also an alder-

CONTINUED PAGE 13

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Pair of locals to compete in Pan Mass Challenge

Banville ready for her first challenge

By MIKE GIANNATTASIO
Sports Correspondent

On Saturday, Meghan Banville of Wilmington will take part in the 29th annual Pan Mass Challenge, a bike-a-thon that has raised \$204 million for life-saving cancer research at Dana-Farber Cancer Institute since 1980.

Banville, 24, will be riding in her first PMC with her father Norman and also the cycling team at her work, Shawmut Design and Construction in Boston, MA. Banville said she and her father will both be riding for their relative who has battled through cancer.

"My cousin Michael Banville is a senior in high school in Dunstable and he inspired me to get involved," said Banville, originally a Topsfield, MA native. "Michael is a Hodgkin's Lymphoma survivor and ever since the Jimmy Fund Clinic helped him get through his fight with cancer he's been giving back."

Banville, a graduate of both Masconomet Regional High School and Roger Williams University, has raised \$1,250 for the PMC this year. Her family has also raised a combined \$3,215 as her father has raised \$1,915 and her younger brother David, 14, raised \$50 in the sixth annual Topsfield Kids PMC bicycle ride last month.

Banville volunteered in the Topsfield Kids PMC ride, as she paced the kids on the route and helped enforce the rules of the road and safety while cycling. She said she really enjoyed seeing all the younger kids participating in the worthwhile event, which was held at Bradley Palmer State Park.

"I was blown away by the amount of kids who participated (in the ride)," said Banville. "They ranged in age from five to fifteen years and the impressive part is that they all understood why they were riding."

"Several of these kids have classmates or siblings and parents who are either fighting or who have fought cancer, and all the kids contributed to raising lots of money for the Jimmy Fund. It was a really great time and helped motivate me even more for my PMC ride."

Banville said she is really looking forward to her PMC ride, where she will be a two day rider and pedal a combined 163 miles from Wellesley, MA to Provincetown, MA.

"The ride leaves Wellesley at 7 a.m. so I'll probably be up about two hours before," said Banville. "I'm staying at a hotel in Wellesley the night before, and they will have a big dinner for us that Friday night. On Saturday morning I will drink water and probably eat a few granola bars and bananas in the morning to get me going."

Banville also added that her mother, Elaine, will play an



Wilmington resident Meghan Banville will be participating in this weekend's Pan Mass Challenge Bike Ride. (courtesy photo).

important role in helping her and Norman get through the finish line.

"My mom will be playing taxi driver this weekend, as she will be helping my dad and I transport our bikes to Wellesley on Friday and then she'll be at the finish line in Provincetown (on Sunday) when we get there," said Banville. "The logistics of getting yourself to and from an event like this can be challenging and my mom's help will be very much appreciated."

Banville said she has spent a few days each week training for some of the difficult routes of the PMC ride.

"I would describe myself as a weekend warrior, as I get on my bike when I can," said Banville. "My rides have mostly been around 30 miles each time I get out which is about three times a week. I ride in Wilmington, North Reading, and Middleton the most. When I ride longer distances I go to Andover, North Andover, Boxford, and Topsfield."

Like a good portion of the people riding in the race this weekend, Banville said she just hopes she can finish the race.

"It's not a race' is what all the past participants have told me," said Banville. "I'm hoping to finish the first day in under six hours."

Banville also added that she recommends everyone, including all kids, to participate in the PMC next year and for years to come.

"I would suggest all the kids getting involved in a ride in their community," said

Banville. "I wish I had also volunteered at the Wilmington kids ride. It is a great opportunity in the middle of your training and fundraising to remind yourself why you are riding."

"The kids rides all have pedal partners and there is nothing like hearing an eight year old cancer survivor give a speech at the start of the day and thanking all of the participants for riding."

With the PMC being the largest single fundraising event for the Jimmy Fund, Banville just hopes that the PMC will continue to make an impact on all cancer patients.

"This is definitely an important fundraiser for Massachusetts," said Banville. "The Jimmy Fund Clinic sets us apart and does amazing things for the residents of Massachusetts with cancer and for all of the out of state visitors that are looking for such an established cancer clinic."

"I've never done anything like this before, so I'm looking forward to the experience of being part of such a big event."

If anyone would like to donate to Meghan Banville on her first year of riding in the PMC, go to the link, <http://www.pmc.org/myprmc/profile.asp?Section=story&GiftID=MB0343>, and select sponsor a rider and enter a gift amount. All donations would be greatly appreciated

Tewksbury resident, Barile, goes from his couch to a bicycle

By MIKE GIANNATTASIO
Sports Correspondent

On Saturday, Kevin Barile of Tewksbury will take part in the 29th annual Pan Mass Challenge, a bike-a-thon that crosses the Commonwealth of Massachusetts.

Since 1980, the Pan-Massachusetts Challenge has raised over \$204 million for life-saving cancer research and treatment at Dana-Farber Cancer Institute through its Jimmy Fund.

Barile, 28, will be riding in his first PMC ride and has raised approximately \$4500 for the charity.

Cancer has unfortunately taken the lives of many of Bariles' relatives as his great grandfather passed away from the disease at age 42, his grandfathers at age 54 and age 83,

"I told (Meg) that in 2008 I will complete that ride in honor of my mother and everyone else who has beaten cancer or lost loved ones to cancer. When the registration started I looked at Meg and said it's time to put my money where my mouth is."

Barile, who grew up in Woburn and is a 1997 Woburn High School and a 2001 UMass Lowell graduate, will be participating in the one day 84 mile ride from Babson College in Wellesley to the finish line at Mass Maritime Academy in Bourne.

Riders have the option of choosing to be a one day rider or a two day rider when they register for the PMC, and there are a total of eight different mileage rides the participants can cycle in.

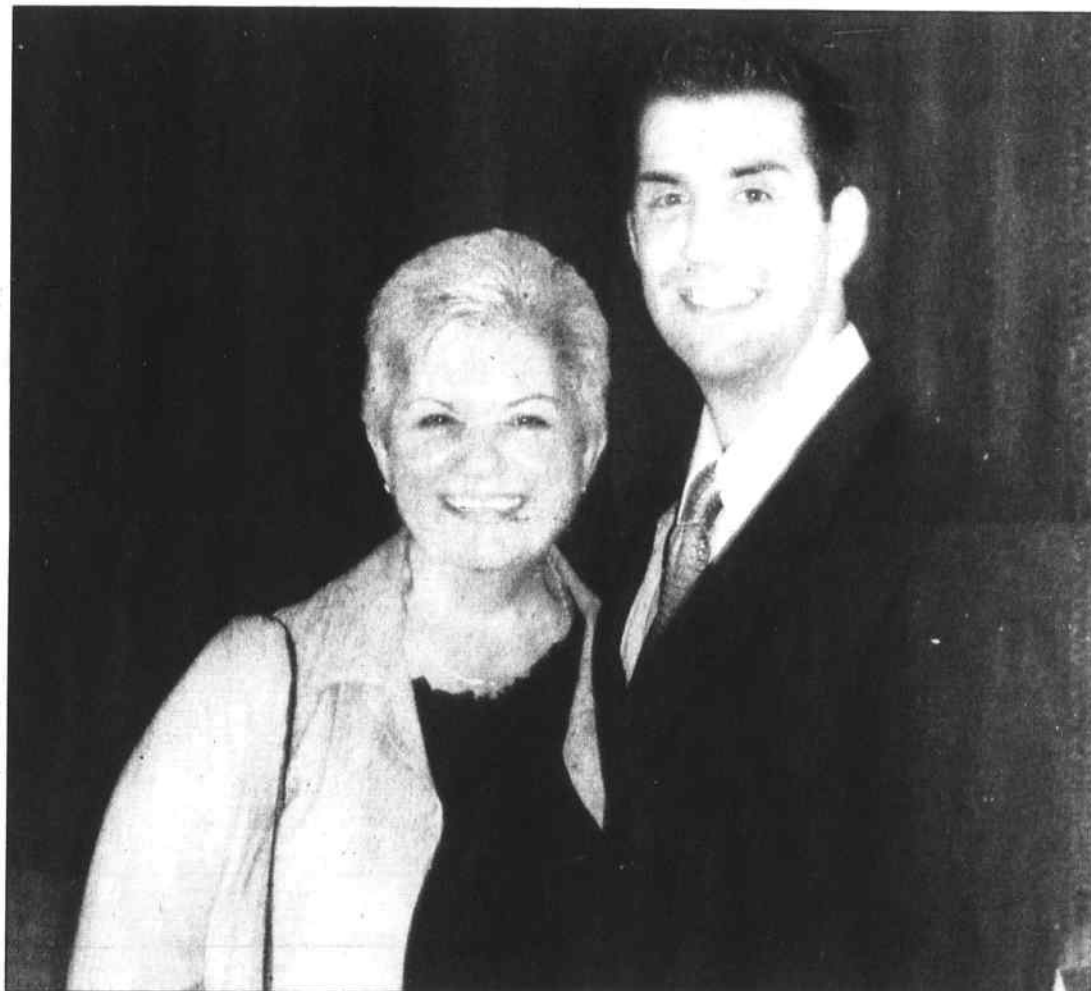
Two day riders start on

between 20 to 60 miles depending on prior commitments."

On Saturday, Barile along with his wife's cousin, Will Furlow, age 23, and one of his best friends Dave Laing, 28, will wake up at around 5 a.m. for the start of the race at 7 a.m. in Wellesley. Barile said a factor that allows him to keep is energy up is eating foods with carbohydrates while cycling.

"I will eat eggs for protein and a lot of bread for carbs (prior to the race)," said Barile. "Energy is a key to completing the course, and I consistently eat while I ride to keep my energy levels up."

When Barile finishes the race on Saturday, he said he is looking forward to seeing his parents who have both been his motivation for riding.



Tewksbury resident Kevin Barile, shown here with his mother Luanne, will be riding in his first Pan Mass Challenge this weekend. (courtesy photo).

and his uncle at age 55.

His father, Ralph Barile, is 57 years old and is currently the longest living man in his family and is cancer free.

His mother, Luanne, was diagnosed with cancer at age 20 and after many treatments and tests she survived and has now been cancer free for over 35 years.

Along with his mother, two of his cousins were also diagnosed with cancer and are now cancer free.

Barile said he wanted to become involved in the PMC after watching it on television last year and realizing how important the event was in raising money for cancer research.

"I was sitting on the couch last summer and saw the highlights from the Pan Mass Challenge," said Barile. "I looked at my wife (Meg) and I said to her that my mother is a cancer survivor and I can't believe that I have never done anything like this before."

Saturday and they will be cycling in either the 192 mile ride from Sturbridge to Provincetown, the 180 mile ride from Sturbridge to Wellesley, the 163 mile ride from Wellesley to Provincetown or the 153 mile ride from Wellesley to Wellesley.

One day riders on Saturday can cycle 111 miles from Sturbridge to Bourne or 84 miles from Wellesley to Bourne.

One day riders on Sunday have the option of riding 47 miles from Wellesley to Wellesley or 68 miles from Bourne to Wellesley.

Barile, who competed in soccer and track during high school and who was also on the UMass Lowell soccer team, trains for the event by cycling as much as he can on Saturdays and Sundays throughout the year.

"I train on the weekends with my other two friends," said Barile. "We usually do rides that consist of anywhere

"The best thing after the ride will be seeing my mother and father," said Barile. "My mother is living proof for over 30 years. It is people like my mother that give me the inspiration to do this. Both of my parents are my main reasons for riding."

What Barile has enjoyed the most since becoming involved in the PMC is the letters and donations people have sent him.

"The people that have written and donated to me give me the most motivation," said Barile. "I have learned about other peoples' personal losses and successes with cancer. I have also learned that cancer survivors are fearless, and I am striving to be the same."

All in all, Barile said that he is very proud to be part of the PMC and getting the opportunity to ride in the charity race on Saturday.

Free physicals for WHS student-athletes

The WHS Parent/Athlete Fall Sports meeting will take place on Sunday, August 17th @ 6:00 p.m. in the Wilmington High School Gymnasium.

There will be FREE Sports physicals held on Monday, August 18, 2008 in the WHS Nurse's Office at the following times: Boys 9:00 a.m. - 10:00 a.m.; Girls 10:00 a.m. - 11:00

a.m.

Tennis Clinic

The second annual Wildcat Tennis Clinic is being offered August 11-15 from 9:00 a.m. to 2:00 p.m. at the Boutwell tennis courts. The clinic is designed for all abilities and will focus on developing the sound fundamentals needed to play tennis. Offered by the Friends of

Wilmington Tennis, the clinic is run by Matt Hackett, Wilmington High Varsity Boys Tennis Coach. He will be assisted by local tennis professional Kathleen Reynolds and current WHS varsity players. The cost is \$125 per player and includes a camp T-shirt. The clinic is recommended for kids entering grades 6-8 - space is limited to 12 participants.

For more information, please contact the Friends - at friendsWT@verizon.net, or 978.658.8987.

Middle School Golf

If you will be attending the Middle School this fall and hope to one day play on the Wilmington High School Golf Team... Listen up... On Wednesday through

Friday - August 6th, 7th, & 8th a free golf instructional clinic will be offered by Gene Ungvarsky from 10AM -12PM each day. This clinic is for both girls and boys who desire to improve their golf games and one day contribute to the rich tradition of excellence in golf at Wilmington High School.

We'd like to offer a special

invitation to our young lady golfers as several hundred female golf scholarships go unclaimed each year!

Please call (978) 604-0911 between the hours of 7:30 - 9:30 PM to get additional information and reserve your spot in what is sure to be a jam packed clinic.

Brown helps bring home National soccer title

By MIKE GIANNATTASIO
Sports Correspondent

On Friday, Wilmington resident and goalkeeper Maggie Brown of the FC Stars of Massachusetts U14 United Soccer team won their third game of the national championships 1-0 versus the D'Feeters 94 from Texas. The game was held in Arkansas, with a spot in the national championship game on the line for both teams.

Before their third game of the nation championship, the Stars won the region 1 championships in Portland, Maine.

Brown, who will be an incoming freshman at Wilmington High School this year, said on her blog on the US Youth soccer web site that playing in the region 1 championship games was an excellent learning experience for the team.

"The Region 1 Championships were a great experience for our team, and we had the opportunity to play a lot of talented, quality teams and players," said Brown, on her team's web site. "The experience helped us to grow as a team, and forced each of us to become better players."

"With our accomplishment, we continued to work very hard to prepare ourselves for the challenge of competing at the national level. We have had long practices and skill sessions to prepare us for the ultimate soccer experience."

"The team has trained very hard, and we feel we are ready to compete with the best teams in the country. Our coaches have helped to prepare us for the championships both physically and mentally and have



Wilmington's Maggie Brown

helped us to believe in ourselves.

"They have also been stressing the importance of a proper diet, and remind us to stay well hydrated under the hot Arkansas sun."

The Stars sure did lots of practicing before they got to the championship games in Arkansas, as they quickly took care of business in the first game of the round robin tournament. The Stars beat the Toro Bravo Soccer from Nebraska 2-0 after an early 7:30 a.m. kickoff.

Brown said on her blog after the game that although the game was an early wake-up call, it was really exciting for everyone involved.

"The 7:30 a.m. kick-off was a bit early, but we were all excited to take the field and compete," said Brown. "The first few minutes of the game were nerve wrecking, and were played at a very high tempo. Both teams were looking to break free and create chances early in the game."

"(Overall,) it was a great game and a lot of fun for all the players, coaches, and spectators. It is a great experience to play such exciting games, and play against the best teams in the country on a national stage."

In the second game of the national championships, the Stars tied the San Juan Spirits 94 Blue from California 0-0. Since both teams won their first games, they were both looking to secure a spot in the national final. Although the Stars didn't walk off the field with a win, Brown said her team played another very exciting game.

"It was a great game by both teams, with all of the players giving it everything they had," said Brown. "It was a lot of fun to battle against such a great team, and both teams enjoyed the extreme pressure and excitement of playing against each other."

"Our team worked very hard to deny them a shot on goal, and keep the game tied up. Both teams on the field were very talented, and wanted to win very badly. After a classic, hard fought battle, the final whistle blew with a score of Stars 0, San Juan Spirits 0."

In the third game of the National Championships, the Stars played the D'Feeters 94 team from Texas. A spot in the national championship game was on the line for both teams, with the Stars needing a win or a tie to go through, and the D'Feeters needing a definite win.

The first half consisted of a lot of back and forth action, with solid chances for both



Wilmington resident, Maggie Brown, top row far left, poses with the rest of her U14 FC Stars of Massachusetts girls' soccer team which won the National Championship this past weekend in Arkansas.

teams but none were able to score. Late in the second half it looked as if the Stars had broken the scoreless tie on a header into the back of the net, but the referee quickly called the goal back on an off-sides call.

With the closing minutes of the game, the Stars managed to keep their defense strong and the D'Feeters rarely got chances to try to score. When it looked like the game was going to end with a scoreless tie, the Stars managed to put one in the net and take the lead and the game 1-0.

Brown said that she and her team played another tremendous and clutch game against a very good D'Feeters team.

"This was another great game, and a great atmosphere and pressure situation to experience," said Brown on her blog.

"We are all very excited to represent our club, state, and region in the ultimate setting for any athlete," said Brown. "We also know it is going to be a very exciting game, for we know San Juan is an extremely talented team."

The ultimate setting Brown mentioned was the national championship game that she and her team played in on Saturday. The Stars played the San Juan Spirits 94 Blue team from California. This game did not go in the Stars way though as they lost the game 2-0.

Brown did not update her blog as of presstime, but most people could guess that Brown and the Stars currently have their heads up as they all had one of the most successful seasons a U14 soccer team could ask for.



The 2008 NECC Summer League Basketball Champions are: Front Row from Left: Seniors Caitlin DeFrancesco, Mariah Messina, Casey Malone, Brooke Alukonis, Jess Pagonis and Michelle Layn. Back Row from left: Coach Elizabeth McAndrews, Kim Fairweather, Michelle Gavin, Jessica Sullivan, Liz Carie, Danielle DePierro, Erin Tibbetts, Brittany Pandolph, and Coach Michael Hayes. Missing from Photo: Coach Jill Martel, Karie Judge and Andrea Caprio. (courtesy photo).

Girls Hoop team takes NECC championship

The Tewksbury Memorial High School Girls Basketball Team captured the 2008 Girls NECC Summer Basketball League Championship for the second year in a row on Monday, July 21st by defeating Andover.

The team began this summer season by beating Whittier and continued their undefeated streak by overpowering Amesbury, Triton, Andover, Georgetown, MVC, Chelmsford, PMA and Masconomet. With their regular season undefeated record of 9-0 they advanced

into the Final Four on Wednesday, July 16th against Triton.

Their Final Four win advanced them into the Finals for a second year in a row. This final game was a mission, defend their championship proudly. And they did just that. Finishing the season undefeated with an outstanding 11-0 record they were crowned the 2008 Northern Essex Community College Summer League Basketball Champions.

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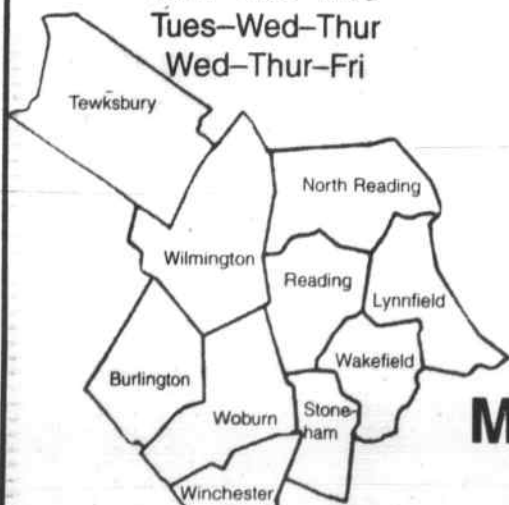
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Wildcat Under 12 softball team enjoys tournament title

The Wilmington U-12 Girls Softball team played in the Chelmsford "Girls of Summer" Softball Tournament this past weekend, going undefeated to capture the Championship.

The opening game matched the Cats against a tough Stoneham team. Following a scoreless first inning, Stoneham put up six runs in the bottom of the second. Following a scoreless third inning, the Cats responded by tallying seven runs in the top of the fourth inning.

The attack was started by Megan Howland, aided by Katie MacDougall's double and highlighted by Rachel Mills' bases-loaded single. Stoneham failed to score in the bottom half, and Wilmington led 7-6.

The Cats just kept going, adding another five runs in

the top of the fifth inning. Megan and Katie again led the attack, capped by Kennedy Harper's stealing home.

Stoneham refused to go quietly and scored four runs in the bottom of the fifth inning to make it close. Strong pitching efforts by Caitlin Cheney (four strikeouts) and Casey McDonald (also four strikeouts) were backed by a consistent defense in the 12-10 win. Casey's pitching kept the Stoneham batters off stride over the last three innings. Kennedy Harper won the game MVP award (voted by the players on the other team) for her play at Catcher, her hitting and her base running.

Game Two pitted Wilmington against a stubborn Andover team. Rachel Mills pitched her best game

of the year, going all six innings and winning the MVP award for her outstanding effort on the mound and her timely hitting. Andover scored a run to start the game, but the Cats' offensive momentum kept rolling along, as they responded with a five-run effort. Megan played a strong defensive game at third base, which included six assists and catching a line drive and doubling off the runner at first. However, Andover refused to quit, and the Cats held a 7-5 lead entering the bottom of the sixth inning.

Once again the Wilmington bats came alive with another six-run rally highlighted by Megan's delivering a bases-loaded hit that pushed across three runs. Kennedy closed out the scoring by again stealing home.



The Wildcat Under 12 Softball team includes: Front row from left: Jennifer Mills, Kennedy Harper, Hannah Griffin. Second row: Kellie MacDougall, Danielle Reynolds and Rachel Mills. Third row from left: Katie MacDougall, Casey MacDonald, Megan Howland, Kate Derrickson and Caitlin Cheney. Back row from left: Steve Mills, Tim MacDougall and Ed Derrickson. (courtesy photo).

The 13-5 win was also characterized by rally-killing defensive plays and timely RBI's by Kellie MacDougall and Hannah Griffin.

The opponent in the deciding game was the heavily favored and Tournament host Chelmsford "Blue Crush" team, who also entered the game with a convincing 2-0 record. Megan Howland took the mound and pitched the entire six innings and scored four runs. The Cats continued their scoring assault, sparked by Kate Derrickson's tournament-leading .833 on-base percentage, which saw her score four runs in this game.

Wilmington put up 13 runs in the first three innings while Megan's pitching and great team defense kept the Blue

Crush off the scoreboard. Every time Chelmsford seemed poised to start a rally, it was snuffed out. Danielle Reynolds (2-for-2 with two walks) tagged out the lead runner at third twice in the second inning, and Caitlin Cheney stopped another rally in the third with an unassisted double play at first - her second of the tournament.

Chelmsford finally got on the board scoring four runs in the fifth inning and adding third in the sixth, but, by that time, the Cats had added another four runs to make the final a convincing 17-7 victory. Katie MacDougall had an outstanding all-around game, both defensively and offensively. At second base, she consistently frustrated the Blue Crush with her glove

and arm. Offensively, she had six RBI's and scored four runs. The Blue Crush recognized her performance by naming her the game MVP.

The girls on the team selected Jennifer Mills as bat girl. She did a great job. The team was coached by Steve Mills, who was assisted by Tim MacDougall and Ed Derrickson.

The tournament sweep saw a Cat team that played great defense and enjoyed consistent run production, with every player making a contribution with both bat and glove. Wilmington will be looking to carry momentum from the tournament into their three league games coming up this week.



Wilmington's U13 Blue Youth Lacrosse team completed a very successful spring season. Pictured above are: Dan Feyler, Brendan McCarthy, Chris Jackson, Joey Marino, John Galasso, Rob Fullerton, Alec Dell'Anno, Chris Satori, Colin Kennedy, Zach Lord, Luke McInnis, Steven McInnis, Matt Penny, Jon-Luke Dee, Scott Manganelli, Shane Brennan. Missing from photo are Brendan McDonough, Justin DeNorscia, Cody McGowan. Coaches were Mark Kennedy and Sean Lord. (courtesy photo).

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Five Tewksbury girls heading to Disney for soccer tourney

Five local girls from Tewksbury, MA, recently won the regional Play Soccer 3vs3 Soccer U8 Girls Division (under 8) Soccer Tournament on Saturday, July 12th in Northboro, MA.

Because of their exciting win, the team has been invited to compete at the National Challenge Sports 3vs3 U8 Girls Division Tournament to be held in Disney World on July 31st to August 3rd.

This week and next, the team is fundraising hoping to defray the last minute travel costs of going to Florida to represent Tewksbury on the national level.

Kelly Golini, Lindsay Harris, Lillian Holden, Maggie Penta, and Isabelle Picher, all 8 yr. old girls of Tewksbury formed a team under the direction of Coach Jamie Holden and Asst. Coach Dave Picher and captured the U8 title on July 12th.

The team is hoping to have a similar experience in Florida, although they are just honored to have been invited to compete.

This national tournament is regarded as one of the most prestigious soccer events of the summer and features teams from across the USA.

At press time, several local businesses have already given their support to the girls' team. A big "Thank You" to the following Tewksbury organizations for their generous donations:

Baystate Tent and Party
Tewksbury Country Club
Schlott Tire

TYSL News Nuggets

The New England Revolution will be holding its summer Soccer Academy in Tewksbury from August 11-14 from 5pm - 8pm. For more info go to www.revolutionsoccer.net and press on the Academy tab.

Registration is now open for the fall season which begins in early September and runs through early November. Please register on our new web site (with more info, news, links, & pictures) at www.tewksbury-youthsoccer.org. The fee is \$45 per player and uniforms are \$45 for Travel and \$30 for In-Town players. Registrations received after August 1st will require a \$30 late fee. Credit cards are accepted on line or send personal checks to TYSL, PO Box 655 Tewksbury, MA. Please send inquiries to registrar@tewksburyyouthsoccer.org

Coaches are needed for our U6, U8, & U10 In-Town programs. Please contact Mark Torissi at U6@tewksburyyouthsoccer.org Arnie Eskenas at U8@tewksburyyouthsoccer.org or Nader Kalkhoran at U10@tewksburyyouthsoccer.org or g if you are interested in coaching.

The TYSL fall New England Revolution Game Night is on Saturday, September 27th at 7:30 pm at Gillette Stadium in Foxboro against The Columbus Crew. Tickets are \$15 and are limited. You may purchase tickets via credit card directly from our web site at tewksburyyouthsoccer.org For more info please contact Ed Silvia at Playercoachdev@tewksburyyouthsoccer.org or Dan Houdlette at Treasurer@tewksburyyouthsoccer.org

* TYSL has U8/U10 aluminum goals for sale which measure 12 ft long by 6 ft high and are in very good shape. At \$150 they would be a great addition for any ones back yard. Please contact Mike Callahan directly at Facilities@tewksburyyouthsoccer.org if you would like to purchase one.

TYSL is now accepting sponsors for its web site as it currently receives approx. 20,000 hits per year from its membership, providing for an excellent advertising opportunity for local businesses. Please contact Franco Lucchesi at Concessions@tewksburyyouthsoccer.org for more info.

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If anyone is interested in sponsoring the team to travel to the tournament, please contact Jamie Holden at 978-930-4946 or Michelle Picher at 978-640-6215 or email the Tewksbury Terminators at thepichers@comcast.net or jamietra-cyh@verizon.net.

Congratulations to Kelly, Lindsay, Lillian, Maggie and Isabelle and good luck at the tournament in Disney!!



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Tewksbury 12 Yr Old. Americans overtake NA East

Tewksbury American-5, North Andover East-4

Joe Veloza struck out 14 batters over five and a third innings and Matt Elia closed it out with two strike outs. Tewksbury came into the bottom of the fifth inning trailing 4-1, and then Matt Lacascia delivered an RBI single to make it 4-2.

Johnny Saunders led off the bottom of the sixth inning with a home run into the bleachers in center field to pull Tewksbury within one run. Christos Kourkoulas had a bases loaded walk to tie the game at four and then Matt Elia had a walk off single to win the game.

Tewksbury American-4, North Andover West-3

It took seven innings but the Tewksbury American All-Stars pulled out another walk off win in the bottom of the seventh. Dennis Ong pitched great in the going five innings while Connor Sodergren picked up the win in relief. It was a 1-1 tie through six innings after Connor Sodergren hit a home run in the second inning, but then North Andover got two runs in the top of the seventh.

In the bottom of the seventh, with Tewksbury down 3-1,



The Tewksbury 12-Year-Old American All-Star team has continued its summer play competing in the Conway tournament.

(courtesy photo).

Dylan Lemieux led off with a single. Christos Kourkoulas then walked and Dennis Ong placed a nice bunt down the first base line for a single to load the bases for Nick Bain, who promptly delivered a sharp two run single to right field to win the game for Tewksbury 4-3.

Dylan Lemieux also contributed to the win as he was spectacular defensively at shortstop.

North Reading-1, Tewksbury American-0

A classic pitcher's duel as

North Reading shut out Tewksbury 1-0 despite the fact that Joe Veloza did not allow a hit and struck out 13. Mike Driscoll was almost as impressive allowing only two hits and striking out 11. For Tewksbury Scott Mulno had a double and Connor Sodergren had a single.

Tewksbury American 10, Tewksbury Redmen 0

The first game against Tewksbury Redmen was a win for the Tewksbury American League All-Stars by forfeit. Tewksbury American then won

the second game 16-0 over South Lawrence after four innings because of the 10-0 rule. Alex Hamilton pitched three perfect innings with eight strike outs for the win. Christos Kourkoulas pitched a 1-2-3 bottom of the fourth with a strike out.

John Saunders, Alex Hamilton, Nick Bain and Dylan Lemieux each had two hits. Nick Bain and Dylan Lemieux also homered.

Baseball and Softball Leagues at Extra Innings

Extra Innings Tewksbury is now accepting registrations for their Fall Baseball and Softball Leagues. Games will be played on Saturday or Sunday, according to the specified day you register for. Ages 7-18 are encouraged to register and continue to work on their skills throughout the fall. Games will begin the weekend of September 6&7, and continue for six weeks through October 11&12. If you have any questions, please call us at 978-851-1220, or visit our website at www.extrainnings-tewksbury.com

COMMONWEALTH OF MASSACHUSETTS LAND COURT DEPARTMENT OF THE TRIAL COURT Case No. 376997

To:
Lawrence Brewer
Janet E. Brewer
and to all persons entitled to the benefit of the Servicemembers Civil Relief Act: Deutsche Bank National Trust Company Americas formerly known as Banker's Trust Company, as Trustee and Custodian for IXIS 2006-HE1 claiming to be the holder of mortgage covering real property in Wilmington, numbered 41A Lake Street given by Lawrence Brewer and Janet E. Brewer to Rose Mortgage, Inc., dated November 30, 2005, Recorded with the Middlesex County (Northern District) Registry of Deeds at Book 19594, Page 158, and now held by plaintiff by assignment has filed with said court a complaint for authority to foreclose said mortgage in the manner following: by entry and possession and exercise of power of sale. If you are entitled to the benefits of the Servicemembers Civil Relief Act and you object to such foreclosure you or your attorney should file, a written appearance and answer in said court at Boston on or before the 25th day of August 2008, - or you may be forever barred from claiming that such foreclosure is invalid under said act.

Witness, Karyn F. Scheier, Chief Justice of said Court this 11th day of July 2008.

Attest

6467 Deborah J. Patterson
7.30.08 Recorder

LEGAL NOTICE

TOWN OF WILMINGTON



CONSERVATION COMMISSION PUBLIC HEARING

Notice is hereby given that a Public Hearing will be held in Town Hall, Room 9, 121 Glen Road, Wilmington, MA 01887, on Wednesday, August 6, 2008 at 7:30 p.m. in compliance with the provisions of M.G.L. Chap. 131, Section 40, and 310 C.M.R. 10.00 on a Notice of Intent, filed by Tod Brainard, VIF/Ballardvale 200, LLC & VIF/Ballardvale 200, LLC c/o Griffith Properties, LLC, 60 State Street, 36th Floor, Boston, MA 02109, owner & applicant. The applicant is proposing the relocation and construction of an existing stormwater facility. This work is within the 100-foot Buffer Zone of Bordering Vegetated Wetlands as designated by the MA Wetlands Protection Act, M.G.L. Chapter 131, Sect. 40 and 310 CMR 10.00. This property is located on Assessor's Map R2 Parcels 21 & 7, 150 & 200 Ballardvale Street, Wilmington, MA 01887. A copy of the plan is on file at the Planning & Conservation Department, Room 6, Wilmington Town Hall, and may be inspected between the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Beverly Shea,
7.30.08 Chair
6456 Conservation Commission

LEGAL NOTICE

TOWN OF WILMINGTON



PLANNING BOARD

The Planning Board will hold a Public Hearing on August 19, 2008 at 8:45 p.m. at Town Hall, Room 9, 121 Glen Road, Wilmington, MA on Site Plan Review #08-10, entitled, "Site Plan in Wilmington, MA", dated May 6, 2008 and last revised July 9, 2008, submitted on July 16, 2008 by Sullivan Construction; prepared by Professional Engineer; Clayton A. Morin, Engineering & Surveying Services, 70 Bailey Court, Haverhill, MA 01832. Said property is located at 187 Middlesex Avenue and shown on Assessor's Map 63 Parcel 5. This project is to relocate the main entrance of the funeral home to Wildwood Street and pave the side yard to be used as a parking lot.

A copy of the plan is on file at the Planning & Conservation Department and may be inspected during the hours of 8:30 a.m. and 4:30 p.m. Monday through Friday.

Any person interested, or wishing to be heard on the proposed plan, should appear at the time and place designated.

6465 Michael Sorrentino, Chair
7.30.08, 8.6.08 Wilmington
Planning Board

LEGAL NOTICE

TOWN OF TEWKSBURY



PLANNING BOARD

PUBLIC HEARING SPECIAL PERMIT

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on August 11, 2008 at 7:15 P.M. in the Tewksbury Town Hall Auditorium, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Metro PCS Massachusetts, LLC for Tewksbury Congregational Church for a Special Permit to relocate additional wireless communication equipment within the steeple.

Said property is located at 10 East Street, Assessor's Map 47, Lot 81, zoned Commercial.

The application may be examined in the Community Development Department, 999 Whipple Road, Tewksbury, MA (978-640-4370 x248), Monday thru Friday 8:00 am - 4:00 pm.

Vincent Spada, Chairman
7.23.08, 7.30.08 6442

Commonwealth of Massachusetts The Trial Court Probate and Family Court Department

MIDDLESEX Division

Docket No. 08P3033EP1

In the Estate of

GERALD W. SMITH

Late of TEWKSBURY

In the County of MIDDLESEX

Date of Death March 10, 2008

NOTICE OF PETITION FOR PROBATE OF WILL

To all persons interested in the above captioned estate, a petition has been presented praying that a document purporting to be the last will of said decedent be proved and allowed, and that JEFFERSON R. SMITH of CAMBRIDGE in the County of MIDDLESEX be appointed executor, named in the will to serve with personal surety.

IF YOU DESIRE TO OBJECT THERETO, YOU OR YOUR ATTORNEY MUST FILE A WRITTEN APPEARANCE IN SAID COURT AT CAMBRIDGE ON OR BEFORE TEN O'CLOCK IN THE FORENOON (10:00 AM) ON AUGUST 19, 2008

In addition, you must file a written affidavit of objections to the petition, stating specific facts and grounds upon which the objection is based, within thirty (30) days after the return day (or such other time as the court, on motion with notice to the petitioner, may allow) in accordance with Probate Rule 16.

WITNESS, HON. PETER C. DIGANGI, ESQUIRE, First Justice of said Court at CAMBRIDGE this day, July 15, 2008.

John R. Buonomo
6461 Register of Probate

LEGAL NOTICE

TOWN OF WILMINGTON



CONSERVATION COMMISSION PUBLIC MEETING

Notice is hereby given that a Public Meeting will be held in Town Hall, Room 9, 121 Glen Road, Wilmington, MA 01887, on Wednesday, August 6, 2008 at 7:00 p.m., in compliance with provisions of M.G.L. Chap. 131, Section 40, and 310 C.M.R. 10.00 on a Request for a Determination of Applicability, filed by Joseph & Melissa Zuccola, 30 Aldrich Road, Wilmington, MA 01887, owners & applicants. The applicants are proposing to construct a 5' x 12' covered porch with stairs. This work is within the 100-foot buffer zone of bordering vegetated wetlands as designated by the MA Wetlands Protection Act, M.G.L. Chapter 131, Sect. 40 and 310 CMR 10.00. This property is shown on Assessor's Map 33 Parcel 5-B, 30 Aldrich Road, Wilmington, MA, 01887. A copy of the plan is on file at the Planning & Conservation Department, Room 6, Wilmington Town Hall, and may be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

7.30.08 Beverly Shea, Chair
6454 Conservation Commission

LEGAL NOTICE

TOWN OF WILMINGTON



CONSERVATION COMMISSION PUBLIC MEETING

Notice is hereby given that a Public Meeting will be held in Town Hall, Room 9, 121 Glen Road, Wilmington, MA 01887, on Wednesday, August 6, 2008 at 7:00 p.m., in compliance with provisions of M.G.L. Chap. 131, Section 40, and 310 C.M.R. 10.00 on a Request for a Determination of Applicability, filed by John Vella, 24 Grace Drive, Wilmington, MA 01887, owner & applicant. The applicant is proposing to construct an 18' x 22' garage. This work is within the 100-foot buffer zone of bordering vegetated wetlands as designated by the MA Wetlands Protection Act, M.G.L. Chapter 131, Sect. 40 and 310 CMR 10.00. This property is shown on Assessor's Map 36 Parcel 150, 24 Grace Drive, Wilmington, MA, 01887. A copy of the plan is on file at the Planning & Conservation Department, Room 6, Wilmington Town Hall, and may be inspected between the hours of 8:30 a.m. and 4:30 p.m., Monday through Friday.

7.30.08 Beverly Shea, Chair
6455 Conservation Commission

LEGAL NOTICE

Notice is hereby given to Brian Moura of 205 Patrick Rd, in Tewksbury, Ma. 01876 who is the last registered owner of a 03 Chevy Impala

Vin number 2G1WF52E939173114 that this vehicle will be sold at auction on or about 8-14-04 at FRED F CAIN INC. 580 Main Street, Wilmington, MA. The vehicle will be auctioned to recover towing and storage charges that are past due

7.23.08, 7.30.08, 8.6.08 6451

NOTICE OF MORTGAGEES SALE OF REAL ESTATE

By virtue and in execution of the Power of Sale contained in a certain mortgage given by John R. Fowler and Karen A. Fowler to Mortgage Electronic Registration Systems, Inc., dated May 31, 2006 and recorded with the Middlesex County (Northern District) Registry of Deeds at Book 20169, Page 78, of which mortgage US Bank, NA as trustee of Series 2007 GEL 1 is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 11:00 a.m. on August 25, 2008, on the mortgaged premises located at 900 Old Shawheen Street, Tewksbury, Middlesex County, Massachusetts, all and singular the premises described in said mortgage.

TO WIT:

For mortgagor's(s') title see deed recorded with Middlesex County (Northern District) Registry of Deeds in Book 10956, Page 284.

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record

which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens or encumbrances is made in the deed

TERMS OF SALE

A deposit of Five Thousand (\$5,000.00) Dollars by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at Harmon Law Offices, P.C., 150 California Street, Newton, Massachusetts 02458, or by mail to P.O. Box 610389, Newton Highlands, Massachusetts 02461-0389, within thirty (30) days from the date of sale. Deed will be provided to purchaser for recording upon receipt in full of the purchase price. The description of the premises contained in said mortgage shall control in the event of an error in this publication.

Other terms, if any, to be announced at the sale.

US BANK, NA AS TRUSTEE
OF SERIES 2007 GEL 1
Present holder of said mortgage

By its Attorneys,
HARMON LAW OFFICES, P.C.
6462 150 California Street
7.30.08 Newton, MA 02458
8.6.08, 8.13.08 (617) 558-0500

LEGAL NOTICE

TOWN OF WILMINGTON



BOARD OF SELECTMEN PUBLIC HEARING

Notice is hereby given that a Public Hearing will be held in Room 9 at the Town Hall, 121 Glen Road, Wilmington, MA at 7:00 P.M. on Monday, August 11, 2008 by the Board of Selectmen in compliance with General Laws Chapter 140, Section 59 on the application of Bill Dube Hyundai for a Change of Location Class I Garage License to operate an automotive agency for the sale of new and used motor vehicles to be located at 271 Main Street, Wilmington, MA 01887.

Michael J. Newhouse,
7.30.08 Chairman
6464 Board of Selectmen

LEGAL NOTICE

TOWN OF WILMINGTON



BOARD OF SELECTMEN PUBLIC NOTICE

Notice is hereby given that a Public Hearing will be held in Room 9 at the Town Hall, 121 Glen Road, Wilmington, MA on Monday, August 11, 2008 at 7:15 p.m. by the Board of Selectmen on the request of Attorney Andrew Upton, representing Weis Looney Enterprises, LLC, d/b/a Vintner's Cellar of Wilmington, for permission to allow his client to pour wine at his client's 335 Main Street location without a Section 12 License.

Michael J. Newhouse,
7.30.08 Chairman
6457 Board of Selectmen

LEGAL NOTICE

TOWN OF TEWKSBURY



BOARD OF HEALTH

Notice is hereby given that the Tewksbury Board of Health will hold a public hearing on August 21, 2008, at 7:00 PM in the Town Hall, on the request by Arnold & Carol Heenan of 20 Wolcott Rd., Tewksbury, MA to Keep Animals at 20 Wolcott St., Tewksbury, MA. At that time, all interested parties will be heard. Copies of the proposal are available for review at the Board of Health.

7.30.08 Ralph McHatton, Chair
6459 Tewksbury Board of Health

Wilmington Rec. Department offering all kinds of fun activities

Wilmington Recreation Department is open weekdays: Monday-Friday, 8:30 a.m. - 4:30 p.m., Recreation Office, Town Hall, Room 8. Phone: (978) 658-4270.

Mail: Recreation Department, Town Hall, 121 Glen Road, Wilmington, MA 01887

Night Drop: In sealed envelope, place payment, with your contact information including phone number, and program or trip information in the Payment Drop Off slot in the wall at the left of the front door to Town Hall.

We encourage residents of varying abilities, disabilities to participate in our programs, trips, etc.

If you require an accommodation, call the Recreation Office at (978) 658-4270 or call TTY (978) 694-1417.

*Most of our forms are now online.

Many tickets and trips can be reserved with a deposit or small down payment. Stop by or call for details.

Recreation Department Gift Certificates

Purchase in any denomination \$25 and over for your favorite "Recreation Frequent Flier"! A wonderful holiday, birthday or anniversary gift!

Concerts On The Common

Set aside Wednesday evening July 30 - Mollie's Misfits This acoustic band specializes in traditional Celtic music - from standard Irish pub songs to rousing fiddle melodies to various original compositions.

Town Beach

at Silver Lake
CANOE RENTALS - \$20 per day or \$40 per weekend - Canoe rentals are available during beach operation hours.

POLICE ASSOCIATION

BEACH DAY - FREE, Thursday, August 7, 11 a.m. - 2 p.m., Town Beach

Swimming competitions, sand castle contests and a barbecue lunch served by your own WPD men in blue. A DJ will play music while you enjoy the day. Provided to residents by the Wilmington Police Association and the Wilmington Recreation Department.

CHILDREN'S PROGRAMS

CREATIVE PLAY

(Bonnie LeRoux - Town Hall Auditorium)

\$60, Thursdays, October 2 - November 6, (6 Weeks), each child must be accompanied by an adult.

Ages 3 - 4, 9:15 - 10:15 a.m. or Ages 2 - 3, 10:30 - 11:30 a.m. Come share in the excitement! A new theme is used each week to stimulate your child's imagination. Activities include arts, crafts, stories and music.

LEGAL NOTICE

MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Carol A. Deharo and Roger J. Deharo to Beneficial Massachusetts Inc., dated July 3, 2003 and recorded with the Middlesex County (Northern District) Registry of Deeds in Book 15655, Page 108 of which mortgage Beneficial Massachusetts Inc., is the present holder, for breach of conditions of said mortgage and for the purpose of foreclosing the same, the mortgaged premises located at 63 Lowell Street, Wilmington, MA will be sold at a Public Auction at 10:00 AM on August 18, 2008, at the mortgaged premises, more particularly described below, all and singular the premises described in said mortgage, to wit:

The land in said Wilmington, shown as Lot D, on a plan of land in said Wilmington, dated June 23, 1954, drawn by George W. Olson and recorded in Plan Book 84, Plan No. 130, and being bounded and described as follows: Northerly by Lowell Street, eighty-five (85') feet as shown on said plan; Easterly by land now or formerly of Samuel Pike, one hundred thirty feet (130') as shown on said plan; Southerly by land now or formerly of Rocco Ventile, eighty-five (85') feet as shown on said plan; Westerly by Lot C, one hundred thirty feet (130') as shown on said plan. Containing 11,050 square feet of land, as shown on said plan.

For mortgagor's title see deed recorded with the Middlesex County (Northern District)

KIDS IN MOTION

(Jennifer Tortolano - North Intermediate Cafeteria)

Ages 2 - 4, \$45, Saturdays, September 27 - October 25, (5 Weeks), 10:30 - 11:30 a.m.

Children will love their first "gym class"! These sessions incorporate rhythm and movement using a variety of props and music.

KINDER KARATE

(Brett Gonsalves - North Intermediate School Cafeteria)

Ages 4 - Grade 1, \$30, Saturdays, September 27 - October 25, (5 Weeks), 9:30 - 10:20 a.m.

An introduction to the art. Warm-ups, basic moves and body strikes will be featured. Continuing students are welcome!

KINDER SOCCER

(North Intermediate School Gym)

Ages 4 - Kindergarten, \$35, Saturdays, September 27 - October 25, (5 Weeks)

Choose from: 8:30 - 9:20 a.m. or 11:30 a.m. - 12:20 p.m.

Just like the big kids, now you can play soccer indoors while learning about the game. Don't wait - classes fill quickly!

LITTLE DRAGONS KARATE CLASS

(Academy of Traditional Karate, 155 West St., Wilmington)

Ages 3 & 4, \$25, Thursdays, August 7 - 28, (4 Weeks), 4 - 4:30 p.m. This class includes basic Karate moves,

Japanese culture and life skills such as concentration, respect and confidence. T-shirt and belt included.

SUMMER THEATRE WORKSHOPS

(Joanie Walsh)

Cost: \$105; 2nd Child: \$95
Ages: Preschool (Ages 3 - 5) 7/21 - 25; 7/28 - 8/1; 8/4 - 8 & 8/11 - 15

9:30 - 11:30 a.m.
CTW

Bob the Builder; Diego; Wiggles; Dora the Explorer

Cost: \$180; 2nd Child: \$162
Grades K - 6

9 a.m. - 12 p.m.
UMC

Alice in Wonderland Disney's HS Musical

Cost: \$175; 2nd Child: \$158
Grades 3 - 8

2 - 5 p.m.
UMC

Voice Clinic

Cost: \$180; 2nd Child: \$162
Grades 6 - 8

9 a.m. - 12 p.m.
UMC

Rumplestiltskin; Hansel & Gretel

Cost: \$55
Special Needs

(Ages 7 - 15)
CTW

"The Movement in Me"

Mondays, June 23 - August 11, 6:30 - 7:30 p.m., (8 Weeks)

For those who feel the

rhythm! Express yourself through dance, movement and song.

Voice Clinic: Techniques to maximize your singing potential! \$30 discount when enrolling in voice and a theatre workshop!

CTW = Children's Theatre Workshop: Webber Terrace, 668 Main St., Unit #2 UMC = United Methodist Church

*Rec. Basketball League (WRBL)

Grades 3 - 10, \$70, Saturdays, December 6, 2008 - February 14, 2009, (10 Weeks), No games 12/27.

This will mark the 46th year for Wilmington Recreation Basketball! There are 10 Saturday games and one week-night practice each week. Registration period is Tuesday, August 19 - Friday, October 17. Registration forms available 8/19.

AT HOME ALONE

(Gunter Wellenstein - Town Hall Auditorium)

Entering Grades 4 and 5, \$18, Wednesday, August 20, 4 - 6:00 p.m. How do you handle knocks and rings?

Who do you call in an emergency? Prepare your child to stay at home alone.

*SKYHAWKS

YOUTH SPORTS CLINICS

(Woburn St. School Fields)

Classes are held Monday - Friday, rain or shine! In the

event of rain, class will move indoors.

Forms are available in the Recreation Office and on our website. Documentation of a physical in the past year and immunization records must be provided with the registration forms.

Tiny Hawks - Ages 3 - 4, \$46, July 28 - August 1, 12:10 - 1:00 p.m. Learn baseball, basketball and soccer!

Mini Hawks - Ages 4 - 6, \$101, July 28 - August 1, 9 a.m. - 12 p.m. More baseball, basketball and soccer!

Cheerleading - Ages 6 - 8, \$101, July 21 - 25, 9 a.m. - 12 p.m. Jump, shout, show 'em what you're all about!

SUMMER TENNIS LESSONS

(Chris Tremblay - Boutwell Courts)

\$25 for each Monday - Friday session. Bring an unopened can of tennis balls.

Ages 5 - 7 9 - 10 a.m.
July 28 - August 1

August 4 - 8
Ages 8 - 10 10 - 11 a.m.

July 28 - August 1
August 4 - 8

Ages 10 - 12 11 a.m. - Noon

Intermediate*

Ages 8 - 12 11 a.m. - Noon
July 28 - August 1

August 4 - 8
*Beginner lessons are a prerequisite for Intermediate tennis lessons.

TENNIS LESSONS

(Kathleen Reynolds - Boutwell Courts)



Colin Walsh, Adam Johnson, Joe Hulme, Matt Luppi, and George Lehner were all members of the New England Firebirds Baseball Club. On the weekend of July 18-20 the team participated in a 15U tournament at the Dan Duquette Sports Academy in Pittsfield, MA. The Firebirds were tournament champions with a 5-0 record. In the championship game they defeated a team from Syracuse, NY to capture the title. (courtesy photo)

NOTICE OF MORTGAGEE'S SALE OF REAL ESTATE

By virtue of and in execution of the Power of Sale contained in a certain mortgage given by Eric Cummings a/k/a Eric A. Cummings and Dawn Cummings a/k/a Dawn M. Cummings to Mortgage Electronic Registration Systems, Inc., as nominee for Omega Mortgage Corp., dated January 29, 2004 and recorded with the Middlesex County (Northern District) Registry of Deeds in Book 16820, Page 97 of which mortgage Bank of New York as Trustee for the Certificateholders of CWABS 2004-04 is the present holder, for breach of the conditions of said mortgage and for the purpose of foreclosing, the same will be sold at Public Auction at 12:00 PM on August 15, 2008, on the mortgaged premises located at 21 Denault Drive, Wilmington, MA 01887, all and singular the premises described in said mortgage, TO WIT:

The land with the buildings thereon located in Wilmington, Middlesex County, Massachusetts, being shown as Lot 2 on a plan of land entitled "Compiled Subdivision Plan of land in Wilmington, MA, prepared for Julia Bodnar, Scale 1"=20', January 24, 1992, William G. Troy & Associates, 936 East Street, Tewksbury, Mass." which plan is recorded in Middlesex North District Registry of Deeds at Plan Book 178 Plan 45, to which plan reference is hereby referred to a more particular description. For mortgagor's title see deed recorded with the Middlesex County (Northern District) Registry of Deeds in Book 15779, Page 121

These premises will be sold and conveyed subject to and with the benefit of all rights, rights of way, restrictions, easements, right of ways, covenants, liens or claims in the nature of liens, improvements, public assessments, any and all unpaid taxes, tax titles, tax liens, water and sewer liens and any other municipal assessments or liens or existing encumbrances of record which are in force and are applicable, having priority over said mortgage, whether or not reference to such restrictions, easements, improvements, liens, or encumbrances is made in the deed. **TERMS OF SALE:** A deposit of TEN THOUSAND (\$10,000.00) DOLLARS by certified or bank check will be required to be paid by the purchaser at the time and place of sale. The balance is to be paid by certified or bank check at ABLITT LAW OFFICES, P.C., 92 Montvale Avenue, Suite 2950, Stoneham, MA 02180, other terms and conditions will be provided at the place of sale. The description of the premises contained in said mortgage shall control in the event of an error in this publication. **OTHER TERMS, IF ANY, TO BE ANNOUNCED AT THE SALE.**

Present holder of said mortgage, Bank of New York as Trustee for the Certificateholders of CWABS 2004-04, By its Attorneys, ABLITT LAW OFFICES, P.C., 92 Montvale Avenue, Suite 2950, Stoneham, MA 02180, (781) 246 - 8995, Dated: 0 7 / 1 5 / 2 0 0 8 (60.0859/Cummings) (07/23/08, 07/30/08, 08/06/08) (120339) 7.23.08, 7.30.08, 8.6.08 6453

Entering Grades 3 - 5, \$35, Thursdays, July 10 - August 14, (6 Weeks), 5 - 6:30 p.m.

Entering Grades 9 - 12, \$45, Tuesdays, July 8 - August 12, (6 Weeks), 5 - 6:30 p.m.

All levels and abilities welcome. Learn this lifelong skill in a relaxed and fun atmosphere.

Participants provide an unopened can of tennis balls.

GOLF CLINICS

(Barrie Bruce - Billerica Country Club)

Ages 7 - 14, \$85. "All you need is a pair of sneakers and a good attitude!" Equipment provided. Beginner/continuing students.

Junior Golf

Monday - Friday 8 - 9:30 a.m. August 4 - 8

Sundays, 5 weeks

9:30 - 11:00 a.m.
Sept. 21 - Oct 19

Golf for Girls

Monday - Friday 8 - 9:30 a.m. July 28 - Aug. 1

BABYSITTER TRAINING

(Gunter Wellenstein - Library Conference Room)

Entering Grades 5 and up, \$60, Saturdays, November 1 & 22, (2 Weeks), 9 a.m. - 1 p.m.

Part one covers the basics including holding, diapering, bedtime and games. Part two will address home safety and basic first aid. Certificate upon completion. Participants should bring a doll and a snack. Prepare to start your babysitting career.

ting career.

ADULT PROGRAMS

ROLLER BABIES (For New Mothers with Child in Stroller) (Jennifer Tortolano)

\$40, Saturdays, September 27 - October 25, (5 Weeks), 11:30 - 12:30 p.m., North Intermediate School

Moms get a work out with intervals of cardio and strength training and meet other new moms and children. Babies Full Day Session: \$165.

August 11 - 15, 9 a.m. - 3 p.m. Students should bring their lunch!

Lifeguards on Duty:

Saturday, June 14 - Sunday, August 10

Monday - Saturday 11 a.m. - 7 p.m.

Sunday 12 Noon - 7 p.m.

Wilmington residents may use the beach at no charge.

Proof of residency is required. Non-residents: Day Pass: \$5 Season Pass: Adult: \$40 Child (3-17): \$20

Day passes are purchased at the beach. Season passes are purchased at the Recreation Office. Children under 14 must be accompanied by an adult.

No flotation devices, dogs or smoking are permitted on the beach.

COMMONWEALTH OF MASSACHUSETTS

Middlesex Division
Probate and Family Department
Docket No. 02P2984GI

Notice Of Fiduciary's Account

To all persons interested in the estate of Joseph W. Silvey also known as Joseph Woodrow Silvey late of Wilmington

You are hereby notified pursuant to Mass. R. Civ. Rule 72 that the first and final account of Janet C. Silvey as Guardian (the fiduciary) of the property of said Ward has been presented to said Court for allowance.

If you desire to preserve your right to file an objection to said account you or your attorney must file a written appearance in said Court at Cambridge on or before the 20th day of August 2008, the return day of this citation. You may upon written request by registered or certified mail to the fiduciary, or to the attorney for the fiduciary, obtain without cost a copy of said account(s). If you desire to object to any, item of said account, you must, in addition to filing a written appearance as aforesaid, file within thirty days after said return day or within such other time as the Court upon motion may order a written statement of each such item together with the grounds for each objection thereto, a copy to be served upon the fiduciary pursuant to Mass. R. Civ. P. Rule 5.

WITNESS, Peter C. DiGangi, Esquire

First Justice of said Court at Cambridge this 18th day of July, 2008.

7.30.08

John R. Buonomo
Register of Probate

DEBORAH J. PATTERSON
REORDER
07.30.08

6458


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Brand NEW MAZDA3 2008 SEDAN SAVE \$2000 0% AVAILABLE FOR 36 MONTHS! AUTOMATIC TRANSMISSION! Air conditioning, AM/FM/CD Stereo, FWD, and so much more! TEST DRIVE A MAZDA! MSRP: \$16,270 DISCOUNT: -2000 #M800660 LIBERTY PRICE: \$14,270 <small>All offers plus tax, title & reg. fee with approved credit.</small>	Brand NEW MAZDA6 2008 SEDAN SAVE \$4550 0% AVAILABLE FOR 36 MONTHS! Air conditioning, power windows, power locks, cruise, traction control, ABS, more! MSRP: \$19,725 REBATE: -1800 DISCOUNT: -2750 #M802610 LIBERTY PRICE: \$15,175 <small>All offers plus tax, title & reg. fee with approved credit.</small>	Brand NEW Mazda Tribute 2008 4WD SAVE \$4000 0% AVAILABLE FOR 36 MONTHS! Automatic, air conditioning, power windows, power locks, cruise control! MSRP: \$22,610 REBATE: -2500 DISCOUNT: -1500 #M805220 LIBERTY PRICE: \$18,610 <small>All offers plus tax, title & reg. fee with approved credit.</small>	Brand NEW Mazda CX-7 2008 Crossover SAVE \$5000 0% AVAILABLE FOR 36 MONTHS! Automatic, air conditioning, power windows, power locks, traction control, ABS, alloys! TEST DRIVE A MAZDA! MSRP: \$24,735 DISCOUNT: -5000 #M80470 LIBERTY PRICE: \$19,735 <small>All offers plus tax, title & reg. fee with approved credit.</small>	Brand NEW Mazda CX-9 2008 Crossover SAVE \$5500 0% AVAILABLE FOR 36 MONTHS! Automatic, air conditioning, power windows, power locks, traction control, ABS, alloys! TEST DRIVE A MAZDA! MSRP: \$30,235 DISCOUNT: -5500 #M800850 LIBERTY PRICE: \$24,735 <small>All offers plus tax, title & reg. fee with approved credit.</small>	Brand NEW Mazda RX-8 2008 Grand Touring SAVE \$6000 0% AVAILABLE FOR 36 MONTHS! Leather interior, moonroof, Bose Sounds system, 6-speed transmission, much more! TEST DRIVE A MAZDA! MSRP: \$31,705 DISCOUNT: -6000 #M801770 LIBERTY PRICE: \$25,705 <small>All offers plus tax, title & reg. fee with approved credit.</small>
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Liberty
781-245-8000
LibertyMazdaUSA.com
Monday - Thursday 9am-5pm, Friday 9am-4pm, Saturday 9am-4pm, Sunday 11am-5pm
81 Bay State Rd.
Wakefield
Take Exit 40 & 41
Off Route 128
Hablamos
Español
SALE ENDS
8/1/08

USED CAR CENTER! Cars, Trucks & SUVs - We Have It!
We Have Vehicles For Every Budget!

2003 Ford Focus ZX3 Hatchback Auto, p. opts., 69K mi! \$7,495	2004 Chevy Trailblazer 45K miles! LS package, 4x4! \$9,995	2006 Hyundai Accent Automatic, a/c, with only 20K miles! \$9,995	2006 Scion XB Only 42K mi, p/w, p/l, great MPG! \$11,995	2003 Chevy Trailblazer Extended LT Leather, 4x4, rear DVD, 36K miles! \$11,995	2005 Pontiac G6 Sdn. 38K miles, V6, more! \$12,995
2005 Ford Explorer XLT Only 24K miles, leather, moonroof, and more! \$13,995	2006 Mazda 6 Sedan Only 20K mi, 4 cylinder, auto, & much more! \$14,995	2004 Cadillac SRX AWD 3rd Row Seats, much more! \$15,995	2004 Mazda RX8 GT Only 33K mi, moonroof, tthr., & much more! \$16,995	2007 Mazda CX-7 AWD Grand Touring Edition, leather! \$22,995	2008 Mazda CX-9 AWD Black, only 18K miles! \$23,995


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WEDNESDAY/THURSDAY JULY 30, 31 2008-PAGE S-1



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**Local News
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Veteran theatre producer, Woburn's Nicholas Paleologos, sets the stage for
Hollywood's movie moguls to choose Massachusetts



Hollywood loves Massachusetts

By DOUG WOOD-BOYLE

Forget about new film soundstages in Plymouth or Weymouth, Hollywood and the film industry is already enthralled with Massachusetts; Woburn native Nick Paleologos is working hard to make sure they stay here.

Paleologos, a veteran theater and film producer, and

former state representative has been Executive Director of the Massachusetts Film Office for close to two years now.

According to Paleologos, "The Legislature and the Governor (Mitt Romney) realized that we couldn't get Hollywood money unless we were more film friendly. In the fall of 2005 (Governor) Romney signed the original

tax credit which took effect in 2006."

However, Paleologos also notes that was only part of the deal. Along with the tax credits the Massachusetts Film Office was reorganized and placed under the umbrella of the Massachusetts Sports and Entertainment Commission.

These moves started to work and some of the Hollywood moguls made some exploratory ventures into Massachusetts. However, there was still more work to be done.

When Paleologos was brought on board one of the first things he did was to take a quiet trip to Los Angeles and seek out what it would take to bring in more business. He found that the problem was two-fold: the first was the tax credit bill needed to be streamlined and the second part was Hollywood needed assurances that the Teamsters would not hamper their productions as had been the case in the past.

Being a person used to negotiations, as a former state legislator, and used to

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BOSTON PRODUCERS (l to r) Nicholas Paleologos, Spring Sirkin and Frederick Zollo share honors for the Tony Award, received for "Frozen", a powerful play that ran at New York's Circle in the Square Theatre. Paleologos, a Woburn native, is now serving as Executive Director of the Massachusetts Film Office.

the vagaries of show business, as a person who still produces theater performances, Paleologos used his talents to bring all of the parties together in a sense. He approached Teamster Local 25 President Sean O'Brien and explained the situation to him.

According to Paleologos, the meeting was a success as he came away with a commitment from O'Brien that the film industry would receive "... fair, open and responsive..." treatment from the union. The proof that this promise was upheld came during a conference of Hollywood producers and studio heads that Paleologos attended.

He noted that during the conference, when Union problems in Massachusetts were discussed, a top officer from Columbia Studios reported to his colleagues that the studio had been warmly received in Massachusetts during one production and was planning on returning for another. As a result Pink Panther Deux was

filmed in this state with locations in Bedford; Boston - Boston Convention & Expo Center, Boston Public Library, Copley Square, Museum of Fine Arts, Museum of Science, The Wang Center, Boston; and locally here in Winchester.

Columbia's and Paul Blart Mall Cop was also filmed here at the Burlington Mall.

Paleologos stated that many people think of Los Angeles and Hollywood as a big place. He noted that it is

Paleologos to S-4

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Movie Reviews

by Paul Feely

"THE X-FILES: I WANT TO BELIEVE"



"THE X-FILES: I WANT TO BELIEVE" is a decent thriller, but it doesn't follow the tried and true "the truth is out there" theme of the show. It does have the same mix of intelligence and adrenaline though.

"THE X-FILES: I WANT TO BELIEVE"
GRADE: **

What all X-Files should want to believe about "The X-Files: I Want to Believe" is that there's a better story out there than this for these characters. The film is a decent thriller in line with the creepy traditions of Chris Carter's long-running TV series, but it doesn't follow the tried and true "the truth is

out there" theme of the show. The storyline is this: when an FBI agent is kidnapped, the only leads are the psychic visions of Father Joe Crissman (Billy Connolly), a pedophile ex-priest. The agent investigating the case, Special Agent Dakota Whitney (Amanda Peet), and her doubting partner Drummy (rapper "Xzibit") press upon ex-agent Dr. Dana Scully (Gillian Anderson), now a surgeon in a Catholic pedi-

atric hospital, to contact the on-the-lam Fox Mulder (David Duchovny). As fast as you can say "reunion tour", Mulder and Scully are back together and on the case.

Mulder is willing to believe Father Joe's visions are real. Scully is more skeptical, but not for the usual reasons — as a Catholic, she is sickened by Father Joe's past crimes, and thinks the ex-priest is making up his "visions" to make himself look less monstrous. Scully also fears the case is drawing her and Mulder back into the darkness that nearly consumed them when they were in the FBI.

Beyond the case, which Carter as director unfolds with well-paced tension and solid chase scenes, what really drives this movie is the intellectual fire between Mulder and Scully. In the script, by Carter and "X-Files" veteran Frank Spotnitz, Mulder's love of the supernatural — the "I want to believe" of the film's title and the poster on Mulder's wall — and Scully's twin loves of science and Catholicism are all on the table for life-and-death discussion.

The movie delivers the same mix of intelligence and adrenaline that made "The X-Files" such an enjoyable TV series,

but the movie is a lot like a lost episode of the show, instead of something worthy of being told on the big screen. This could have been a two-hour movie of the week during ratings month, rather than a summer movie release.

If you are an X-Files fan, this is a journey worth taking. If not, then you may end up believing that you made a mistake in deciding to see it.

"THE DARK KNIGHT"
GRADE: ****

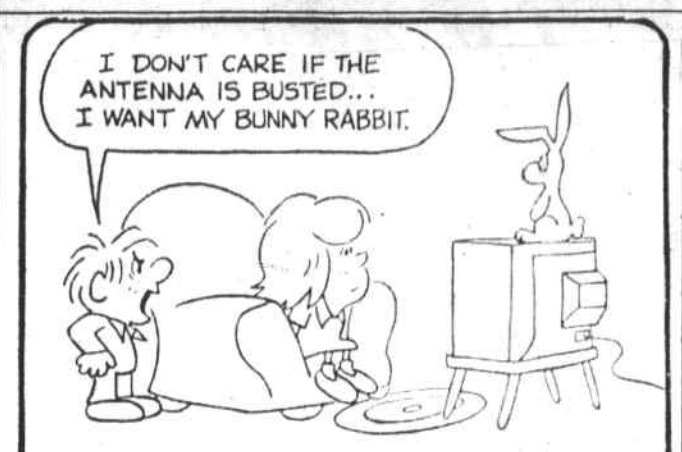
Let's say this up front: "The Dark Knight" is just that, a dark, depressing look at the state of society. It's not your average superhero movie, and not necessarily one that you want the kiddies taking in on a Saturday afternoon.

The much anticipated sequel to 2005's Batman Begins sees Christian Bale return as the Caped Crusader and his alter ego Bruce Wayne, but even someone as adept at crimefighting as Batman can't prevent this movie from being stolen by Heath Ledger.

His electrifying performance as The Joker gives us the most menacing appearance on screen since Hannibal Lecter (this reviewer woke up this morning with the sound of Ledger's maniacal cackling still playing loudly in his head).

The late Ledger steals the movie, which opens with a bank robbery that sets in motion the criminal rampage of his char-

MOVIES TO S-3



it's **DIFFERENT** By How



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About the Towns

by Phyllis Nissen

PEOPLE POWER

The first 50 years (Wilmington)

"Members of the League of Women Voters of Wilmington, along with several elected officials including Selectman Ray Lepore, Rep. Jim Miceli, and Sen. Bruce Tarr recently honored Barbara Sullivan for 50 years of service to the League and the Town," notes the "Wilmington Town Crier."

"The event was well attended with representation from the League of Women Voters of Massachusetts, local League members past and present, and Barbara's daughters and grandchildren."

"Barbara Sullivan joined the League of Women Voters of Reading, Massachusetts before spearheading the drive to organize the Wilmington chapter in 1961. Through the years she has mentored and been a role model for many individuals in the community. Her interests are many and varied; they include but are not limited to Housing, Health Care, Conflict Resolution, Zoning, Conservation, and Water Quality. In the future, she plans to remain involved at the local level but will concentrate her efforts on Conflict Resolution on the National level."

"The League of Women Voters is a non-partisan grassroots organization whose mission is to encourage informed participation of citizens in government. Membership is open to all citizens (men and women) 18 years of age and over. For more information on the League, send an email to LWVWilmington@comcast.net."

Plus the first five (Reading)

"The Town of Reading has hired Ms. Erica L. McNamara to serve as the Director of the Reading Coalition Against Substance Abuse (RCASA) jointly supported by the Town of Reading, Reading Police Department, and Reading School Department," notes the Reading edition of the "Daily Times Chronicle."

"Ms. McNamara will collaborate with RCASA coalition leaders to implement a five year action plan to significantly reduce local substance abuse amongst adoles-

cents.

"Reading was one of 90 communities nationwide that successfully competed for U.S. Office of National Drug Control Policy Funds known as 'drug free communities.' Her salary is paid from a five-year Federal grant and her office is located at the Reading Police Station. Most recently, she served as the Director of Adolescent Health & Youth Development at Lowell Community Health Center (LCHC), where she managed five after school prevention projects and three school based health centers. She was the Director/Principal Investigator of the Cambodian Youth Development Partnership funded by the U.S. SAMHSA Center for Substance Abuse Prevention. She worked with a bilingual/bicultural team to engage and support the youth community within Lowell, Massachusetts."

Ms. McNamara developed programs focused on Asset-Based Youth Development, Teen Pregnancy, HIV, STDs, Substance Abuse, Violence, and Gang Prevention blending innovative and evidence-based approaches. She has leveraged resources in collaboration with grassroots partners, fledgling youth organizations, schools, and established agencies to expand, assess, and sustain youth-driven prevention projects within in community health settings."

Ms. McNamara was with LCHC for 12 years and previously served as a VISTA (Volunteers in Service to America) Volunteer...."

And some just starting (Woburn)

"Veteran Woburn Redevelopment Authority member Donald Queenin will become the new chairman of the WRA," notes the Woburn edition of the "Daily Times Chronicle."

"Queenin, previously the Vice Chairman, had been serving as the acting Chairman since the unexpected death of Chairman John Marlowe on October 23, 2007. Marlowe had served as chairman from 1987-2007."

"Lorrie Ferlisi will become the new Vice Chairman."

"The election of Queenin and Ferlisi came at the Annual Meeting of the WRA

at its offices in downtown Woburn at 371 Main St.

"Also elected were: Treasurer: Donald Manzelli; Assistant Treasurer: Richard Miliano; Secretary: Arthur Duffy."

"The Woburn Redevelopment Authority is an independent municipal urban renewal authority established by the City of Woburn in 1961, in accordance with Massachusetts General Laws Chapter 121B."

"About the Towns" covers recent events in the 10-town Middlesex East area. Because Middlesex East deadlines are early, please check the front sections of this paper for up-to-date information about your city or town. We also welcome original material - please send it to Phyllis Nissen, "About the Towns," Middlesex East Supplement, Box 240, Reading, MA 01867 or to schooltowns@comcast.net."

Movies

from page S-2

acter.

He may look like Bozo on a bad hair day, but he is clearly in control of his scheme to leave Gotham City in need of a hero, and then destroying whomever shows up to fill those shoes."

Ledger's Joker isn't doing it for the money, and therefore there's no negotiating, no reasoning with him. He hates society and it's so-called morality, and knows creating chaos and destruction is the only thing he can rely on."

Bale's Bruce Wayne still enjoys his nightly flights and fights as the Batman, but has thoughts of one day hanging up the cowl and letting someone else save Gotham from itself, namely dashing District Attorney Harvey Dent (Aaron Eckhart).

Bale is very good, playing

Woburn High School Class of 1998 plans ten year reunion

Attention students of Woburn High School's Class of 1998, mark your calendar and save the date for a ten year reunion celebration!

The event will take place on Saturday, November 29, 2008 at 7:00 p.m. at Dillon's Restaurant & Bar located at 955 Boylston Street, Boston.

Tickets are \$25.00 and include Hors D'Oeuvres and Open Bar. Pre-pay by October 15th and pay only \$20.00

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Visit
www.woburnhighschool1998.com for updated information.

Lifeguard classes at Burbank YMCA

Lifeguard classes will be offered at the Burbank YMCA at the end of August. The course includes books and certification cards for Lifeguarding, First Aid, CPR/AED, and the Professional Rescuer, and Oxygen Administration. Employment opportunities will also be available at the YMCA upon successful completion of this course.

Course dates and times are Saturday, August 23 from 9:00am to 5:00pm and Monday, August 25 to Wednesday, August 27 from 10:00am to 6:00pm. The test date is scheduled for Thursday, August 28th from 4:00 to 6:00pm.

Lifeguard classes at the

Burbank YMCA are open to those interested in becoming a certified lifeguard and for those that simply want to learn life saving skills.

All participants must be 16 years of age before the last day of the class and must be able to complete a 500 yard swim (using front crawl, elementary backstroke, side-stroke, and breaststroke) and be able to tread water for 2 minutes. Fees for the class are \$325 for Burbank YMCA family members, \$350 for Burbank YMCA Youth members and \$375 for non-members. All lifeguards employed by the Burbank YMCA for 6 months will receive a refund of 50% of the class fee (minus books and certifications).

For more information about the lifeguard classes offered at the Burbank YMCA contact Amy Vendt at 781-944-9622 ext 225 or avendt@ymcaboston.org. The Burbank YMCA is dedicated to improving the health of mind, spirit and body of individuals and families in our community. We welcome men and women, boys and girls of all incomes, faiths and cultures. Serving the communities of Wakefield, Reading, North Reading, Stoneham, and Wilmington,

Wayne as the deeply troubled hero who is always second-guessing whether or not what he is doing is helping more than hurting the citizens of his beloved city.

He has futuristic gadgets even James Bond would envy, an array of fast cars and motorcycles - which he puts to good use, because in Gotham these days, there are numerous gangs to contend with as well as the main crime syndicate heads.

The transition of Harvey Dent to evil Two Face is probably the most interesting aspect of the story. Eckhart's performance is both moving and fearful. And the subplot 'love triangle' between him, Bruce Wayne and Bruce's girlfriend Rachel Dawes (Maggie Gyllenhaal) is believable.

Gary Oldman returns to give a good performance as Lt. Jim Gordon, as does Oscar winner Morgan Freeman to his role as Lucius Fox. As always, Michael Caine's slips into his performance as Alfred the Butler like he's visiting an old friend.

But this is Heath's movie. There's no doubt that the screen comes alive when

Ledger appears. Both disturbing and mesmerizing, you can't help but feel the loss of this great actor while watching his performance.

It's a dark and sometimes violent epic (don't miss the Joker's "magic trick"), but thankfully, there are some moments of comic relief.

The Dark Knight is head and shoulders above other comic book movies this summer like The Incredible Hulk, Iron Man, and Hancock.

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Paleologos

from S-1

really quite small, with only a few major film studios and the same production people working for them all.

Because of this situation, when one film has a bad experience in a location, that location can find itself being ignored by the other production houses quite easily. However, the reverse is true when a production finds it easy to complete a project on schedule.

According to Paleologos, close to \$350,000 per-day is spent on location shoots. Thus if delays occur easily it becomes too expensive to shoot in that location and it is therefore easy to understand why the film studios want assurances that they won't be held up by union problems.

Using Paleologos, \$350,000 per-day production figure, it is also easy to understand why Hollywood is looking for states that will give them a tax break. He notes that this does not mean tax-free.

Simply put under the law, the production companies, both local and out-of-state, receive a 25 percent discount on the total amount of taxes they need to pay.

Paleologos added that even he was a little leery of such a break in the beginning. However, he was convinced that it was good when he realized that the companies had to actually spend the money in the state and other

taxes needed to be paid from those monies before the production companies received their discount.

He notes a Massachusetts Department of Revenue (www.mass.gov and click on Department of Revenue) report (A Report on The Massachusetts Film Industry Tax Incentives), which shows an estimated \$500 million has been spent in Massachusetts over the past four years on films. This is money that goes directly to area small businesses and shops; people used as extras and in other ways boosts the Commonwealth's economy.

Locally, Touchstone (Disney) has been using the former Teradyne property in Woburn for a sound stage for four different productions. Surrogates is still in production and Paleologos believes Disney will bring in at least one more.

Ironically, Massachusetts was one of the first states to establish an official state film office in 1979. Since then, the Massachusetts Film Office has welcomed over eighty feature filmmakers to the Bay State — including Norman Jewison, Sydney Lumet, Steven Spielberg, Clint Eastwood, and Martin Scorsese.

The Massachusetts Film Office (MFO) now provides one-stop shopping for studio executives, producers, and independent filmmakers seeking to do business in the state. Among many other services, the MFO assists film-

Athletes & Activities

by Paul Feely

SPORTS SHORTS

•MIDDLESEX EAST SPORTS WEEKLY TRIVIA QUESTION: What two players led the major leagues in batting for three consecutive years?

Answer appears elsewhere in this column.

makers with location scouting, tax credit information, crew referrals, housing, permitting, government relations, and union issues.

However, the film office was shut down for several years and other states started to take business away from Massachusetts. Louisiana was one of the first to offer a tax credit and this was followed by states such as New Mexico.

However, when Rhode Island and Connecticut started to offer a tax credit people in Massachusetts started to take notice. Thanks to the efforts of groups such as the Massachusetts Production Coalition (local industry professionals) and the Alliance for Independent Motion Media (AIMM) started an education program for the state political leaders on the need for action to attract the film industry back to the state.

Massachusetts is first recorded as being a film location in 1903. A total of 23 people listed as being born in Massachusetts have won an Academy of Motion Picture Arts and Sciences Award.

In the period from 1938 to 1964 Woburn native Lyle Wheeler was nominated 30 times (with multiple nominations in 1952, 1953, 1954 1956 1957 and 1960) and won the award for Best Art Direction and set design four times.

Perhaps, the stage is being set for more award nominations for Massachusetts film industry professionals or for films that are made in Massachusetts.

•The Little East Conference has announced the honorees for the inaugural All-Academic Teams for the 2007-08 spring sports season, and the list includes 15 Plymouth State University student-athletes in baseball, softball, and men's and women's lacrosse.

Student-athletes from all eight LEC schools earned recognition on the All-Academic Teams based on the following criteria: at least a sophomore academic and athletic standing, a minimum of a 3.2 cumulative grade point average, a full-time member of the team, and enrolled in the institution for at least a full academic year.

Among the honorees was baseball player **JAY KLEPONIS JR. OF READING**, an Accounting major.

•**THE 7TH ANNUAL WALK OF HOPE FOR ALS**, a 3.5-mile walk around Lake Quannapowitt in **WAKEFIELD** to benefit The Angel Fund, will be held on Saturday, September 6th 2008. The event will be held rain or shine and begins with registration at 9 a.m. followed by the start of the walk at 11 a.m.

The Angel Fund is an independent, nonprofit organization dedicated to supporting Amyotrophic Lateral Sclerosis (ALS) research at the Cecil B. Day Laboratory for Neuromuscular Research. ALS, more commonly known as Lou Gehrig's Disease, is a progressive, always fatal neuromuscular disease. ALS leads to muscle weakness and as it progresses, results in total paralysis and the inability to speak and swallow.

Walkers of all abilities are encouraged to participate as individuals or as a team. Teams that raise \$1000 or more are eligible to be entered as a team into a prize drawing. Each of the first 500 walkers to register will receive a t-shirt.

To register as a walker or to register a team, please call The Angel Fund at 781-245-7070, or log-on to either the organization's website at www.theangelfund.org to download a brochure and a team captain's manual.

•**WINCHESTER'S ALICIA SACRAMONE** is now a member of the elite U.S. National Gymnastics Team heading to the 2008 Olympics in China. She trains out of the Brestyan's Gymnastics Academy in Burlington with Mihai Brestyan. Sacramone is the oldest member of the six-woman team heading to Beijing and will be in the world spotlight Aug. 10 to 12 during competitions.

•Need some help with this week's question? The initials of the two players are T.C. and R.C.

•Austin Preparatory School presents the 21st Annual Austin Open Golf Tournament on

Monday, July 28th at the beautiful Indian Ridge Country Club in Andover. Proceeds from the tournament will help to furnish a state-of-the-art library for Austin students.

The Austin Open features morning and afternoon rounds, lunch and dinner for afternoon golfers, breakfast, lunch and dinner for morning golfers, raffles, silent and verbal auctions, and much more. Trophies will be awarded. The driving range, pool and tennis facilities will be available all day. For a registration form, visit www.austinprepschool.org

For more information on registration or sponsorship opportunities, contact Austin's Development Office at (781) 944-4900, ext. 49 or e-mail events@austinprepschool.org.

•On August 2 and 3, thirty-eight residents from Reading will ride in the 29th annual Pan-Massachusetts Challenge (PMC), the nation's pioneer charity bike-a-thon that raises more money than any other athletic fundraising event in the country. They will be among the more than 5,500 cyclists who will ride with the collective goal of raising \$34 million for lifesaving cancer research and treatment for adult and pediatric cancer patients at Dana-Farber Cancer Institute through its Jimmy Fund.

The riders from Reading are:

**ASWAD, ELYSA
BAILLIE, TOM
BJARNGARD, ANDERS
BOGAERT, WILLIAM
CALLAHAN, BRENDAN
CALLAHAN, CAITLIN
CALLAHAN, EDWARD
CARTER, RICK
CLISH, HEATHER
COMPTON, KEVIN
CORMIER, MARK
DEMARCO, CHARLES
DICARLO, JASON
DOLBEN, DREW
DOMIGAN, ANN
GELLIOT, YANN
GOHR, KRISTEN
HOYT, RUSSELL
JONES, CHRISTOPHER
JORDAN, KATHERINE
LACHMAYR, JENNIFER
LAUTMAN, DAVID
LYONS, JAMES
MACDONALD, KATHRYN
MURPHY, MICHAEL**

**OCKERBLOOM, PETER
OFLAHERTY, DOUGLAS
PEARLESS, KREG
SCHERBER, BILL
SCHERBER, LISA
SHEDIAC, LIANE
SHURLAND, ABRAHAM
SHURLAND, ELIZABETH
SKINNER, ROBERT
SMITH, GREGG
STRONG, ANN MARIE
STRONG, MIKE
WETZEL, MARK**

PMC riders are between 15 and 85 years of age, come in all sizes, and are of different athletic abilities. Many riders are seasoned cyclists or tri-athletes, while others are PMC weekend warriors, having trained for this event alone. PMC cyclists are unified in the most important ways — they are driven to raise money for cancer research and they love the PMC.

The Pan-Massachusetts Challenge is a fully supported bike-a-thon — with food and water stops, mechanical and medical assistance, luggage transportation, and lodging — that runs through 46 cities and towns across Massachusetts. Two-day rides include the original 192-mile Sturbridge to Provincetown route; 180-mile Sturbridge-Bourne-Wellesley route; 163-mile Wellesley-Bourne-Provincetown route; or the 153-mile Wellesley-Bourne-Wellesley route. One-day riders cycle the 110-mile Sturbridge-Bourne route, the 84-mile Wellesley-Bourne route, or the 47-mile Wellesley-Wellesley Sunday loop. Cyclists are required to raise between \$1,300 and \$4,000 to ride in the PMC, depending on the chosen route, yet the average PMC cyclist raises more than \$6,000. This commitment to the fundraising portion of the PMC journey is a testament to riders' dedication to the cause and their belief in the PMC mission.

•**ANSWER TO THIS WEEK'S TRIVIA QUESTION:** Ty Cobb led the major leagues in batting from 1910 to 1915, and again from 1917 to 1919, while Rod Carew led from 1973 to 1975.

•**DO YOU KNOW SOMETHING WE DON'T?** If you have information about a local athlete that you would like to see appear in this column, please email it to readingchronicle@comcast.net, or mail it to: Paul Feely, Middlesex East Sports, P.O. Box 240, Reading, Ma., 01867, or call Paul at 781-944-2200.

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Quick-fix fad diets are in abundance these days. Each plan ensures that it is the ideal way to lose weight fast and promotes immediate health benefits. Too often, however, the risks associated with fad diets outnumber the benefits to dropping a few pounds.

Fad diets -- from high protein, low carb to extreme calorie restrictive diets -- are often not nutritionally sound. Initial weight loss may be due to water weight loss and little fat loss. In fact, you may lose more muscle mass than fat with some of these diets.

The chances of regaining the weight lost with fad diets are high. An estimated 95 percent of dieters regain the weight they have lost, some ending up even heavier than they were to begin with. The key to losing weight safely is regulating a balance of healthy foods and cleansing your body from the inside. Products like Nature's Gold Whole

Body and Colon Cleansing Program can help.

Cleansing-Weight-Loss Connection

While the body is relatively resilient, it is still a machine that is the sum of its parts. If one is not working correctly, the rest of the body may pay the price.

The digestive system plays an integral role in the functionality of the body. It's responsible for taking in nutrition, using what's needed, and then discarding the waste. It also funnels out dangerous toxins and other contaminants that enter the body through the food and drink you consume.

Even relatively healthy people can have their bodies polluted by toxins, byproducts of food and even environmental factors. Over time, deposits may form in the intestines. They prevent the intestines from properly extracting nutrients from food. You may feel weak and unsatisfied nutritionally. To compensate, you may get cravings for breads or sugary sweets for a boost of energy. This build-up can also contribute to weight gain. Experts recommend periodic inner cleansing to loosen up and dissolve these impurities. It can be the catalyst to a lighter and healthier you.

Do You Need to Do a Cleanse?

If you have less than one bowel movement per meal, are at least 10 pounds overweight, experience skin breakouts, body or breath odor, or rarely exercise, then the Nature's Gold Whole Body and Colon Program could be what you need.

The Whole Body and Colon Formulas are designed to eliminate impurities over a 3-month period. The Colon Program cleanses your colon and intestines while the Whole Body Program helps to cleanse the entire body. They can be used separately or in conjunction depending upon your needs. Each individual is different, so an experimentation with tablet dosage is recommended to achieve one elimination (bowel movement) per meal -- a healthy daily goal.

The tablets are comprised of all-natural herbs to help jumpstart the detoxification process. Use both formulas before, during or just after breakfast and dinner, 6 days a week, for 3 months. The tablets can then be used every three weeks for a week's duration to maintain your cleanse.

Gabriana Salon & Spa

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Three choices to treat unmanageable, frizzy, curly hair this summer.

(Lasts twelve weeks and up to six months.)

- 1- First is a new natural product by Coppola, which does not alter the hair chemically and leaves the hair feeling healthy as well as cutting down drying time by 60%.
- 2- Japanese thermal straightening is offered using the Bio Ionic Straightening System, which is a chemical, permanent treatment that also leaves the hair feeling healthy with sheen.
- 3- A chemical bio-permanent type of straightener is also offered which reduces the amount of frizz and curl in the hair.



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Can You Live to be 150?

Antioxidants are part of the secret to longevity



The French know and love their red wine. What they may not know are the health benefits offered up in each and every glass. Despite diets typically high in saturated fat, the French have relatively low incidences of heart disease and they may be living longer and feeling younger. They could have the wine to thank for that because of a relatively unknown antioxidant found in the beverage: resveratrol.

Many people are familiar with the term antioxidant. Antioxidants do just what their name implies - remove potentially damaging oxidizing agents from a living organism.

Oxygen, while needed for life on a whole, deteriorates living organisms over time. It can also take its toll on the body, leaving it susceptible to disease and speeding up the aging process. The medical community has determined that a diet high in antioxidant-rich foods is important for overall health and for anti-aging purposes. Known as "nature's sponge," antioxidants absorb and remove harmful free radicals from the body, and generally promote youthful vigor and improved general health.

Foods full of antioxidants tend to be vibrant colored fruits and vegetables. Antioxidants are also found in olive oil, flax seed, tea, and other foods and beverages. An antioxidant making headlines these days is resveratrol, found in the skin of grapes, and thus red wine. Because red wine is fermented with grape skins longer than is white wine, red wine contains more resveratrol. But drinking wine is not the only, nor optimal way to get the resveratrol the body needs.

David Sinclair is a Harvard medical researcher who has spearheaded studies into the effects of resveratrol on mice and people. He recently appeared on a Barbara Walters television special expounding on the benefits of resveratrol, including its propensity to reverse some signs of aging. He explained to Walters that the benefits to drinking wine are there, but a person would have to consume 100 to 1000 bottles of red wine to equal the amount of the resveratrol needed for profound health improvements. Therefore, he has found a way to isolate resveratrol and concentrate it so that it can be used in supplement form.

In lab mice trials, scientists demonstrated that it kept overfed mice from gaining weight, improved physical endurance and speed, and seemed to slow down their aging process. For individ-

Get the facts about ADHD/ADD

Attention Deficit Hyperactivity Disorder (ADHD) affects about 4 million children ages 4 to 17. Boys are more likely than girls to be diagnosed with the disorder, and 60 percent of children diagnosed continue to display ADHD symptoms into adulthood. As with any medical condition, certain fallacies surround ADHD and the public is eager to get to the truth. Here are some common myths debunked by the facts.

Myth: All children naturally outgrow ADHD.

Fact: Some children may experience a reduction in symptoms as they age, others' symptoms may remain the same, while others may find it even more difficult to concentrate as they become older students.

Myth: Poor parenting is a cause of ADHD.

Fact: ADHD is a physical disorder caused by differences in how the child's brain works. While family-produced stressors could trigger feelings of anxiety or exacerbate conditions, poor parenting is far from a cause.

Myth: Stimulant medica-

tions used to treat ADHD in many cases are addictive and will be the catalyst for trying other drugs.

Fact: When used correctly, ADHD stimulant medications are not addictive. Studies indicate that proper medication can actually prevent individuals from self-medicating with drugs and alcohol later in life because of ADHD behaviors.

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School Notes

by Phyllis Nissen

NEWS...VERY WORTHY

Thanks to the DeOliveiras (Winchester)

"The School Committee voted recently to accept a gift of 22 hand-constructed writing platforms to be used by the Lynch Elementary School's occupational therapy department," notes the Winchester edition of the "Daily Times Chronicle."

"The wedge-shaped writing platforms, known as 'vertical surfaces,' were individually built and donated by Mr. and Mrs. Nelson DeOliveira to help students with their fine motor skills."

"Lynch principal Stephen Goodwin said in a letter to the Committee that the gift will assist numerous occupational therapists and teachers in helping our students write more effectively."

"The Committee also voted to accept a gift of \$500 from the Massachusetts Elks Association, earmarked for the district's special education extended school year program, held in July and

August.

"The Elks have donated a total of \$3,000 for the program since 2005."

"Director of Finance Samuel Ripplin said the program is crucial to special education students who run the risk of regressing in their education if they do not go to school in the summer months...."

'No news' is great news (Woburn)

"Local authorities may have stumbled across some messy lockers, but netted zero drug or weapon finds during a sweep of the city's high school," notes the Woburn edition of the "Daily Times Chronicle."

"According to WMHS Principal Robert Norton, school officials conducted a lockdown drill while Woburn police, joined by K-9 units from the Middlesex County Sheriff's office swept the buildings' hallway and locker

areas.

"It was the first such search of the city's high school in a number of years."

"The principal, who informed parents of the lockdown drill and search in a ConnectEd call that evening, believes that the police activity sends a clear message to students: That the district will be vigilant in ensuring that the educational atmosphere remains safe and healthy."

"We had a K-9 search about eight years ago and haven't done it since," said Norton, who explained that he welcomed the opportunity to perform the security sweep, when recently approached by law enforcement officials.

"We didn't find anything. No contraband," the principal added. "Obviously, we're pleased that nothing gets picked up on a search like that. I think it gives a good message to the kids that we're paying attention and that we're being proactive."

"According to Norton, while the search yielded some very good news, he admits that school officials need to practice lockdown drills more frequently."

"High school administrators opted to conduct the drill and search simultaneously, since no one was allowed in the hallways or common areas while the police sweep was occurring."

"The principal, who tries to practice the safety protocol on a regular basis, believes that staff and students alike need to work on the emergency measure until responses become more routine."

"We do need to practice the lockdown, so we have it down, just as well as a fire drill," Norton commented.

If you'd like to read about your favorite school, student or teacher in "School Notes," please send school newsletters and other relevant information to Phyllis Nissen, "School Notes," Middlesex East Supplement, Box 240, Reading, MA 01867 or to schooltowns@comcast.net. We welcome all student writing.

Calendar of Events

PARKER WILDLIFE REFUGE EVENTS

Tidepooling for Kids Monday, August 4 8-9:30 a.m., ages 4 - 12 Hermit crabs, periwinkles and urchins. Oh my! Introduce your child to the wonderful world of tidepools in this terrific outdoor program. Group will be walking in rocky and wet areas so parental supervision and sturdy shoes are a must. Shorts or pants that can be rolled up are recommended. Meet at the first parking lot at Sandy Point State Reservation at the southern end of Plum Island.

Saturday Evening Birding Thursday, August 14, 6 - 8 p.m. ages 8 and older. Accompany refuge volunteer Sue McGrath for a guided bird walk exploring this important bird area.

The birds will be discussed and a variety of birds that nest in the Refuge. Interpretive materials are provided. All skill levels are welcome including children age 8 and older accompanied by an adult. Dress for the weather and wear sturdy walking shoes. Meet at the Refuge at the parking lot 1.

All programs are free but advanced registration is required by calling 978-465-5753.

DENIS MAHER MEMORIAL GOLF

On Monday, August 11 the 27th Annual Denis L. Maher Memorial Golf Tournament benefitting the Boys & Girls Club of Woburn will be held at the Indian Ridge Country Club in Andover.

For more information on sponsorship opportunities or on how to participate in this event, please contact Carla Beaudoin at the club by calling 781-935-3777.

PARKER RIVER SUMMER DAY CAMP

It's time again for fun day camps at Parker River! These camps are free but require advance registration and are limited to 10 participants. To register your child for camp, please call Supervisory Park Ranger Kate Toniolo at 978-465-5753, ext 210.

Ocean Investigations Camp, August 12 - 15, 10 a.m. to 3 p.m. Ages 8 - 10. Come explore the coastal habitats and discover the wonders of the Atlantic in this fun, interactive camp.

For all camps kids must attend all days of camp, must dress for indoor and outdoor activities and bring a lunch. One parent is required to attend this camp with the child. Siblings are not allowed to attend.

PARKER COFFEEHOUSE AND LECTURE SERIES

Join the Friends of Parker River National Wildlife Refuge for an excellent commee house and lecture series. Bird-friendly commee and pastries will be available for sale with proceeds benefitting the Friends of Parker River, a non-profit organization that supports the refuge.

The Archaeology of the Great Marsh Thursday, August 7 from 7 - 8 p.m. The Great Marsh, which extends up through Essex county (and Parker River NWR) into New Hampshire, is the largest salt marsh north of Long Island Sound. This marsh was first recognized for its abundant natural resources more than 12,000 years ago by Native American hunters and gatherers. Join State Archaeologist Thomas Mahlstedt on a journey through time to investigate

the prehistoric land use of the marsh as evidenced by the many archaeological sites located within and around it.

The Humble Clam - A Salty Story of a Culinary Icon Thursday, August 14 7 - 8 p.m. Steamed, fried or made into chowder, many consider the soft shelled clams from the Great Marsh to be the best on the east coast.

Join Joe Carlin, nutritionist and founder/owner of Food

CALENDAR to S-7

ERA Andrew realtor John Simone completes Top Gun training

John Simone, a REALTOR® with ERA Andrew Realty, recently successfully completed ERA's TOP GUN Academy, an advanced training program offered exclusively by global residential real estate leader, ERA Franchise Systems, Inc.

In addition, John exceeded the graduation requirements, graduated with top honors, and became an official member of ERA's prestigious "TOP TEAM". He was also presented with the distinguished "Most Improved Student" award for his outstanding performance in the Academy.

The TOP GUN Academy is an intensive eight week facilitated training program held one day a week. Each session introduced new techniques to assist John and other participants to be more productive in their respective markets. Understanding clients/customers and looking for ways to provide quality service excellence were the focus of the program. To graduate from the Academy, John and participating Sales Associates had to complete a series of stringent goals, demonstrate their ability to use the proven techniques, and exceed the Academy's challenging minimum standards.

According to ERA Real Estate's Corporate Training Department in Parsippany, New Jersey, the average Sales Associates who attend the Academy are able to substantially increase their productivity by obtaining saleable listings and using the Academy's business philosophy to help their listings sell faster. John and his fellow participants also learned how to effectively present ERA Real Estate's extensive products and services, perform with a winning attitude, and implement new marketing techniques.

Born and raised in Methuen, John is an accomplished businessman who has been self-employed for the

past 20 years. He attributes his success, both in real estate and his previous ventures, to his strong work ethic and dedication to customer service.

Presently, John is a member of the National Association of REALTORS®, the Massachusetts Association of REALTORS®, the Eastern Middlesex Association of REALTORS®, and ERA Real Estate's Greater Boston Council. He is an active member of the Lawrence Elks and a contributor to a variety of local and national charities, including the Muscular Dystrophy Association. As an ERA Andrew REALTOR®, John specializes in the marketing and sale of residential and commercial real estate, as well as land and new developments. He offers both buyer and seller representation, and is a licensed REALTOR® in Massachusetts and New Hampshire.

With ERA Real Estate's extensive relocation network, he is not only able to assist buyers and sellers throughout Massachusetts and New Hampshire, but also able to service anyone looking to buy or sell real estate across the nation and 28+ other countries and U.S. territories as well. ERA Andrew Realty Broker/Owner.

John Veneziano, and the ERA Andrew Realty sales team and staff are proud to have John Simone on their team. "John's superior performance in the TOP GUN Academy and his continued dedication to his clients and customers is, indeed, a reflection of his strong work ethic, professionalism and commitment to the real estate industry," John Veneziano said. "He is a consummate real estate professional and an invaluable member of our team." Anyone with real estate questions or concerns is invited to contact John Simone at 978-423-4145, or email him at john.simone@era.com

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Calendar from S-6

PARKER WILDLIFE Heritage Press for an enlightening and entertaining look at the clam - its history as a survival food and a necessity for con fishing, and how it has become a cultural icon and symbol of New England cuisine.

What's Happening to our Bats? Thursday, August 28 7-8 p.m. Often maligned and misunderstood, bats are an essential part of our ecosystem. The insectivorous bats of the northeast eat a myriad of pest insects, including those that destroy crops as well as mosquitoes and other disease carrying insects.

In fact, the little brown bat, a common local species, is capable of eating over 1,200 insects an hour. Recently, a disease has been afflicting hibernating bats, causing die offs and sounding the alarm for scientists. Join Susi VonOettingen, US Fish and Wildlife Service scientist to learn more about the natural history of the bats

in our area, and what this disease could mean for them and for us.

No reservations are necessary for these lectures. Lectures will be held in the Visitor Center Auditorium, 6 Plum Island Turnpike, Newburyport. **7TH ANNUAL WALK FOR ALS**

The 7th Annual Walk of Hope for ALS, a 3.5 mile walk around Lake Quannapowitt in Wakefield to benefit The Angel Fund, will be held on Saturday, September 6. The event will be held rain or shine and begins with registration at 9 a.m. followed by the start of the walk at 11 a.m.

The Angel Fund is an independent, non-profit organization dedicated to supporting Amyotrophic Lateral Sclerosis (ALS) research at the Cecil B Day Laboratory for Neuromuscular Research. ALS, more commonly known as Lou Gehrig's Disease, is a progressive, always fatal neuromuscular disease.

Walkers of all abilities are encouraged to participate as

individuals or as a team. Teams that raise \$1000 or more are eligible to be entered as a team into a prize drawing. Each of the first 500 walkers to register will receive a t-shirt.

To register as a walker or team, please call 781-245-7070 or visit www.theangelfund.org.

Donations to the Angel Fund can also be made on line or be sent to The Angel Fund, 649 Main Street, Wakefield, Ma. 01880.

WOBURN HIGH SCHOOL CLASS OF 1998 PLANS REUNION

Attention students of Woburn High School's Class of 1998, mark your calendar and save the date for a ten year reunion celebration!

The event will take place on Saturday, November 29 at 7 p.m. at Dillon's Restaurant and Bar located at 955 Boylston Street, Boston.

Tickets are \$25 and include hour d'oeuvres and Open Bar. Pre-pay by October 15 and pay only \$20. Checks payable to: Woburn High School, Class of 1998, 9 Wymen Street, Woburn,

Ma. 01801 c/o whs class of 1998. Visit www.woburnhighschoolclassof1998.com for updated information.

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For information on Medicare eligibility call 1-800-810-2877.

WHS CLASS OF 1978 REUNION

Woburn High School Class of 1978 is planning its 30th reunion. The event will take place on November 29 at the Woburn Country Club.

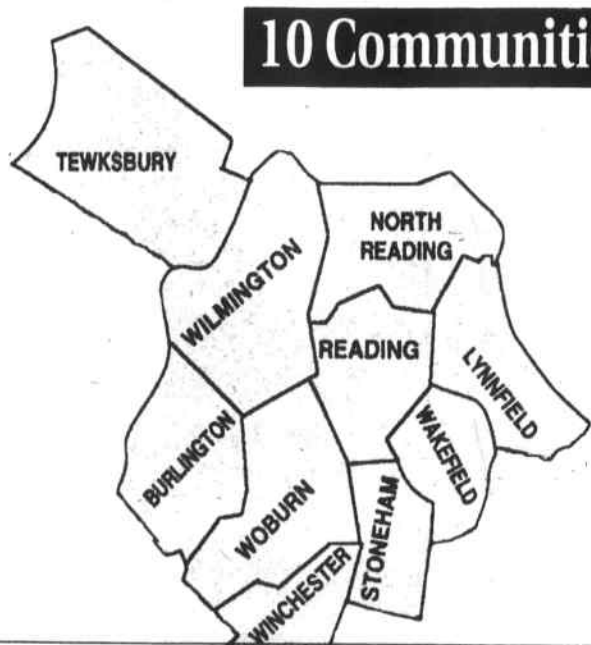
Please contact Richard Clancy at clancyrf@comcast.net or Donna (Dabrieo) Sands at dsands0812@msn.com with addresses of classmates, or for more information.

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Transfers from S-10

Real Estate Transfers

28 LECLAIR STREET was sold to FHLM by Anthony Cirelli and GMAC Mortgage LLC for \$236,252.

-READING-

40 BARROWS ROAD was sold to Christine Defilippo and Frederick Carl Nelson by Thelma and John Moran for \$333,000.

6 COLLINS ROAD was sold to Sean Tesoro by Stephanie and Sergio Rotstein for \$630,000.

89 GROVE STREET was sold to Bryan Burton and Cara Bufalino by Joan and Arthur Dymant for \$320,000.

8 WALKERS BROOK DRIVE was sold to Salem Five Cents SB by Cumberland Farms Inc. for \$1,400,000.

6 LUCY STREET was sold to Brian Corsetti and Sara Denis by Vincent Pollino for \$375,000.

-STONEHAM-

9 OAK STREET was sold to Deutsche Bank Natl T Co by Deutsche Bank Natl T Co and Anne McGonagle for \$211,563.

8 STEVENS STREET was sold to Barbara Ryan and Milton Ryan by Ronald Romanelli and Janice Campbell for \$450,000.

4 VALLEY ROAD was sold to J&C NT and Carl Manne by Stephen Harrington-Sokop for \$460,000.

-TEWKSBURY-

76 GEDDES DRIVE was sold to Mary Grace and James Springthorpe by Stamatis and Constance Eliadis for \$465,000.

23 KEVIN STREET was sold to Scott and Angela Warwick by Patrick Donahue for \$328,000.

137 MERRIMACK MEADOWS LANE #137 was sold to Robert and Lisa Gibeault by Hongwei Zhu and Xiaogi Zhang for \$287,500.

89 MERRIMACK MEADOWS LANE #89 was sold to Robert Bjorkgren by Joseph Langton and Richard Willey for \$273,000.

-WAKEFIELD-

8 DANIEL ROAD was sold to WM Specialty Mortgage LLC by David Dwyer and WM Specialty Mortgage for \$301,360.

80 ELM STREET was sold to Charles Cook and Karen Patras by

Dale and Jennifer Yarborough for \$470,000.

16 FOREST ROAD was sold to Aaron Berlin by Douglas Brown and Jennifer O'Connor-Brown for \$490,000.

30 MILLBROOK LANE was sold to Indymac Bank by Maria Mirabella and Indymac Bank for \$401,305.

-WILMINGTON-

BALLARDVALE ROAD was sold to Tewksbury Town Of Ctr LLC and TMLP GP LLC by Boston&Maine Corp for \$88,750.

29 LAKE STREET was sold to National City Bank by Esther Hughes and National City Bank for \$315,037.

9 MYSTIC AVENUE was sold to Mark and Meagan Lobello by Mary Ann and Robert Crockett for \$765,000.

-WINCHESTER-

none

-WOBURN-

36 CAMBRIDGE ROAD #12 was sold to Larry and Judith Brock by Jessie Inz FT and Jonathan Inz for \$330,000.

56 KILBY STREET was sold to Joseph Patrissi and Meghan Patrissi by Kristin and Jeffrey Foti for \$385,000.

6 LEDGEWOOD ROAD was sold to Loren and Dominic Baccari by Lolos FT and Elaine Lolos for \$428,500.

1011 MAIN STREET #16 was sold to Glen Avenue Realty LLC by Karen Pearson for \$130,000.

560 MAIN STREET #2 was sold to Carol Pace and Jessica Mills by Jessica Pace for \$365,000.

10 POND TERREACE was sold to Maria Simoes by Rose Destefano for \$344,900.

35 PROSPECT STREET #207 was sold to Colin Piper by Bright RET for \$138,000.

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Sampler from S-10

bath and walk in closet. Finely finished hardwood floors add flair to this home and complement the tile in reception area and kitchen. An open staircase from the foyer leads to the very spacious fireplaced family room with wet bar.

Another bedroom and half bath add great in-law or au-pair potential on the lower level. A spacious two car garage with workshop and utility room has direct access to the lower level. The home features a laundry room, central air conditioning, underground lawn sprinklers



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2006, exterior paint and front portico pillars

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Bear Hill Gem

Stoneham



This beautifully maintained brick front with its spacious front portico. Double doors lead to a lovely foyer with a step down to a sunken fireplaced living rm. Enjoy entertaining in the generous sized dining rm which leads to a screened porch overlooking a meticulously maintained landscape & flagstone patio. The kitchen is well designed & has a large breakfast area. Three spacious bedrooms with master & guest bath complete the first floor. This home also features a two car garage, laundry rm, firepld family rm & 4th bedrm. Amenities include central air conditioning & underground sprinklers. **\$579,900**



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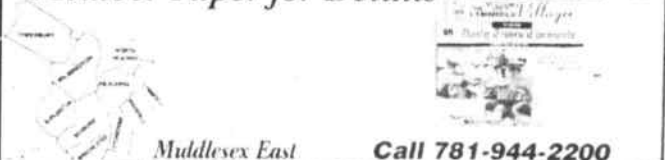
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This week's sampler: Bear Hill gem

Stoneham Custom Ranch

The prestigious Bear Hill neighborhood is the setting for this beautifully maintained custom brickfront ranch.

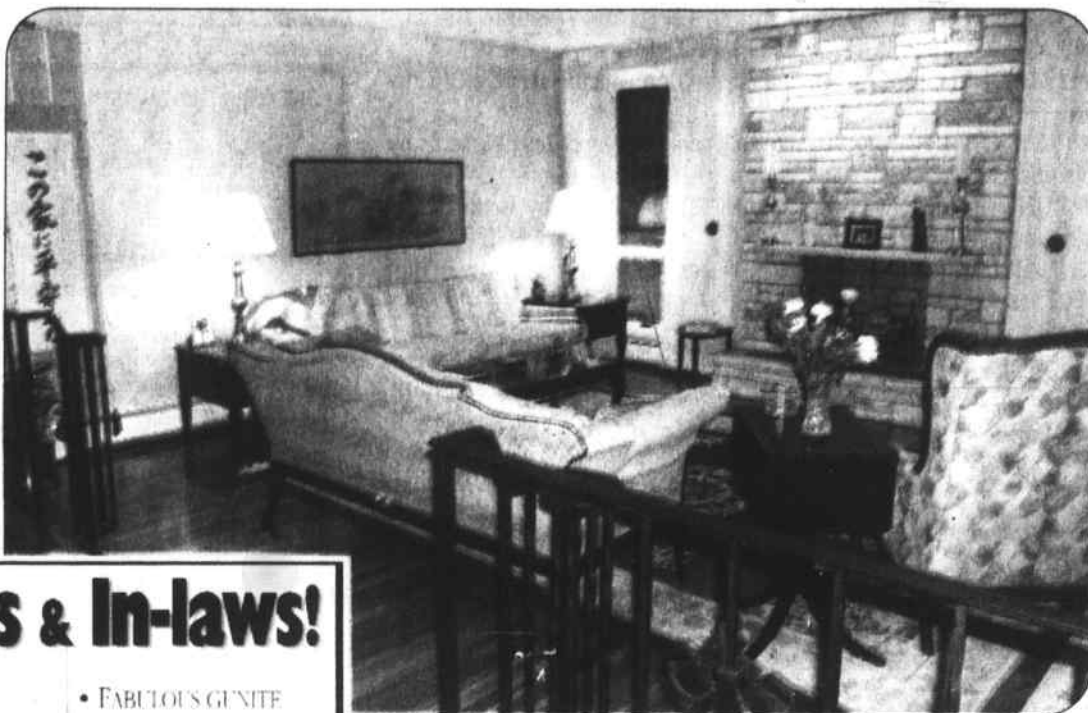
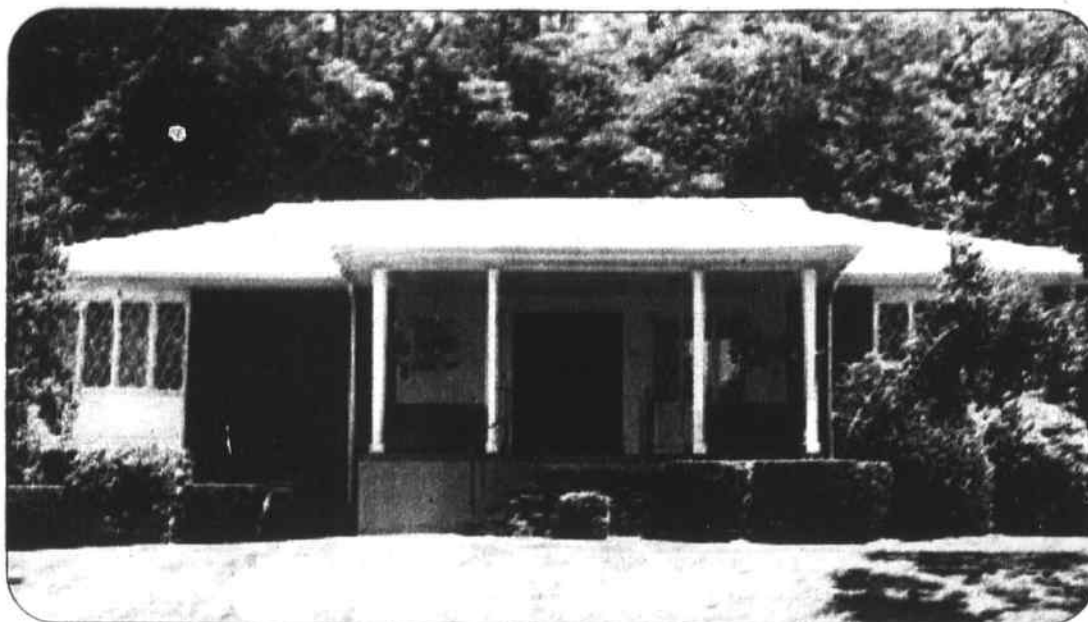
Greet your guests on the spacious open portico reminiscent of a Tuscan villa. Double doors lead to a lovely reception area with a step down to a sunken fireplaced livingroom.

Enjoy entertaining in the 18 foot banquet sized dining room. Sliders lead to a wonderful flagstone screened porch great for summer dining or relaxing. Just beyond is an open flagstone terrace, ideal for barbecues and sunbathing! (And room for a pool if you like!)

Back inside the kitchen is well designed and has a large breakfast area with bay window. The bedroom wing features three spacious bedrooms and a guest bathroom.

The master suite has a full

Sampler to S-9



Three spacious bedrooms, guest bath and a master suite highlight this home



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Real Estate Transfers

-BURLINGTON-

none

-LYNNFIELD-

- 1 FORD AVENUE was sold to Philip McQueen by Charles Drutman for \$524,000.
5 KINGS ROAD was sold to Zbigniew and Paula Brzezinski by Howard Masters for \$537,000.
5 KINGS ROAD was sold to Zbigniew and Paula Brzezinski by Howard Masters and Ruth Grossman-Masters for \$537,000.
26 LOCKSLEY ROAD was sold to Patrick Curley by Yorklun Kong for \$640,000.

-NORTH READING-

- 2 HILLSIDE ROAD was sold to FHLM by Eliza Wallner and MERS for \$278,152.

Transfers to S-9

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READING \$318,900. \$5,000 to buyers for closing costs! Fantastic buy! Private, secluded & sunny! This 2 level townhouse has an open floor plan for the kitchen, dining rm & living rm w a fireplace. Spacious master bedroom has a walk-in closet. 2nd bedroom has double closets. Separate laundry room on bedroom level. Tucked away in a private area of the complex, it has an attached garage with direct unit access. Desirable complex is close to major routes, shopping and commuter rail.



WAKEFIELD \$339,900. If move in condition is what you are looking for, look no further! Two good sized bedrooms, fpd living rm, dining area & great country kitchen, maple cabinets, updated appliances & gleaming hwd flrs. Lower level has 3 separate areas to use as you desire (family rm, office, work out area, etc). Hall bath on lower level. Furnace, hot water heater, roof & electric all new or updated within last 8 years. Cen A/C, alarm system, inground sprinkler, fenced yard. Move-in condition.



STONEHAM \$279,900. Gorgeous top level condo w all new upscale renovations. Beautifully designed kitchen w granite/SS appliances & built in wine refrigerator. Opens onto living/dining rms to create maximum open flow flr plan. Stylishly renovated bathrooms, all new windows, master bdrm w walk-in closet, balcony, lots of parking, outdoor pool & fabulous location on McLoose line across from Middlesex Fells reservation. Seller will pay supplemental expense of \$71.63 through 12/31/09!



ANDOVER \$644,900. You can have it all - without an acre lot or busy street! Contemporary Cape with soaring ceilings, open concept and flexible floor plan. 2nd floor office can be used as 4th bedroom. Granite counters, top-of-the-line stainless, new 1/2 bath, master bath w marble, spa tub, C/A, sprinkler system. Many upgrades and architectural features. House is great for entertaining. Move-in condition. Great location!



READING \$1,450/mo. Reduced! Stop searching! Best rental w/ utilities (heat, hot water, electric, snow removal & a window A/C). Washer/dryer hookup in basement & more storage! Great setting near major routes, town & train! Unit is on 3rd floor, overlooking manicured acre w lots of sun & breezes. LR w window seat, DR repainted & new carpet, high ceilings, 2 (13x12 & 11x11) hwd flr bedrooms, good sized closets, large skylit bath, extra storage, built-in drawers. Pets w/ approval. Portable dishwasher ok. No smokers please. 1st, last, sec. fee.



READING \$349,900. Best buy for a 3 bedrm Condo in Reading! Spacious & sunny 3 bedrm, 2.5 bath Townhouse with an open flr plan. South facing corner unit with sun most of day. Beautiful eat-in kitchen with solid wood cabinetry & new appliances. Living rm has a fireplace & dining area has sliders to a private deck. Master suite has its own full bath & oversized double closets. Two additional bedrooms & full bath. Central air conditioning & attached garage w direct unit access. Convenient location!

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Antique Colonial with 9 rms, 3-4 bedrooms, 1.5 baths, charm & character AND updates. Pool & swing set, new 2-tier deck, BIG rooms!

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WILMINGTON - \$299,900
Great place to start - 3 bedroom, 1 bath. Ranch with 1 car garage on corner 15,000 sq ft lot. Some updates done. All ready for new owner!

TEWKSBURY - Low \$300's
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